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## INTRODUCTION.

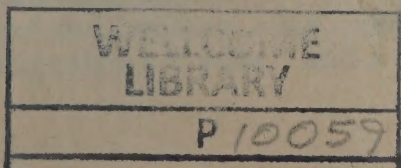


THIS little work has been written in order that young wives may become acquainted with some important subjects, which make for Happiness or Misery in the married state. No girl of marriageable age knows as much as she should do about herself, no Young Married Woman, who has undertaken the responsibilities of Wife, is sufficiently enlightened about her duty to her husband, herself, and her Family, as she ought to be. A knowledge of the laws of health is necessary to every man and woman; but how much more so to the young wife who is entering upon the anxious period in which another life is bound up with her own! To her, health—both of mind and body—is all important; and yet how many err through ignorance of nature and her unchanging laws, embittering their own existence during the months of pregnancy, and bringing into the world feeble and puny children, born but to suffer and die.

There are many women who may be fit candidates for matrimony, well qualified in every respect to share the homes and cheer the firesides of good and worthy men, but who are not fit physically to risk becoming mothers. This is a subject demanding more attention than is generally given to it by women—yes, and by husbands too; and I shall refer to it in the pages of the book in as delicate a manner as possible. Other questions also affecting the health of married women I shall treat upon more or less fully.

The chapter to Young Woman (at the end of the work) has been introduced by special request and is intended for the serious consideration of those of the young wife's sisters who contemplate marriage, and who want to secure permanent comfort and happiness.

THE AUTHOR.



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# THE WIFE'S HANDBOOK.

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## CHAPTER I.

### MARRIAGE.



THIS divine institution, following upon the specialisation of the sexes, is fraught with the possibility of the best and worst destiny of the human race. "Adam, or that first race of human kind comprehended under the name," as one writer puts it, was Hermaphrodite, i.e., had the potentiality of both sexes comprised in one body. In Genesis it is said that "God created man in His own image and likeness. *Male and Female* created He him and called his name Adam." Afterwards, the "rib" was taken from Adam and the female sex evolved. This was the separation or

specialisation of the sex function. To Eve, as "the mother of all living," it was given to be a companion and helpmeet for the man. This was the Divine institution of marriage. It was not a polygamous institution, favouring promiscuous sex relations, but an equitable and sacred union established between one man and one woman.

When Lamech supplied the first instance of a polygamous marriage, by taking unto himself "*two* wives," the circumstance was considered worthy of record, and the condition of the offender is set forth in the following words:—"Lamech said unto his wives, Adah and Zillah, Hear my voice, ye wives of Lamech, hearken unto my speech; for I have slain a man to my wounding, and a young man to my hurt." For Lamech then knew that by marrying two wives he had defrauded another man, a young man, of his rights; while at the same time his own nature had sustained an unequal burden and responsibility to his physical and moral hurt.

Devotion to one only of the other sex is the mainspring of all right endeavour. It beautifies and enriches the life of man and woman alike, and wrongly indeed is marriage designated a "yoke" and a "bond," for there is no greater



or more sure source of "health, peace, and competence" than a union between two who are wholly devoted one to another. The woman becomes the object of a man's most ardent endeavour the source of his highest ambitions, the embodiment of his purest ideal. Wherever she may be, that is "Home," the repository of all that is dearest to his heart, the haven to which he turns from the sea of troubles in which he has fought in the world without. And a woman can know no higher estate, no greater fortune, no sweeter joy, than to become the wife of one whom she deems worthy of her love.

It is the duty of women to fit themselves, both physically and mentally, to be the object of man's love and devotion—to be his friend, his companion and helpmeet, the mother of his children; and happily the day will come when it will be said that, "the stone that the builders rejected, the same has become the capitol of the Temple." It is hoped that the following pages will in some measure assist the gentle reader in preparing for the highest office of her sex—maternity—by supplying knowledge that is too frequently and unwisely withheld from those who enter wedlock. It should be the duty and privilege of every mother to instruct her grown-up daughters in all things that appertain to the estate of womanhood. That ignorance is the doorkeeper of innocence and happiness is a false and dangerous notion. Ignorance is best defined as the privation of knowledge, a condition that a single, sad, irremediable experience will dissipate for ever. There can be no lasting happiness that is not grounded in knowledge, and no innocence that may not spring to flower and bear its fruit in chastity.

No person not having experienced marriage can understand the possibilities of that estate, even though they read all the best that has been written on the subject. It might be likened to reading of the glories of sea or mountain. One may be uplifted by the reading, but can never have a realizing sense of the greatness and grandeur until within their environs. At first glimpse the mountain or sea may or may not present a lovely appearance; but a close association will develop a deep peace and restfulness of spirit by which one may realize the harmony which pervades the universe. In the true marriage the sense is the same. Marriage is a law of nature, obedience to which



## MARRIAGE.

should bring happiness. The laws of life must be understood before obedience can be rendered, however. Therefore, seek to know the truth according to most recent developments.

Treating the subject in its highest sense, one writer says: "Not only do the parties who enter into partnership have a very poor conception, and no experience at all of the conditions they agree to fulfill, but a great deal of useful knowledge which they ought to have is withheld from them under the mistaken idea that all which treats of sex is impure and tends to degrade humanity. It is difficult to understand how a young girl kept in ignorance and taught to repress as degrading all sexual desires can be induced to enter the marriage relation. It is not difficult to see that if she does enter it under such conditions her prospect of happiness is greatly diminished, and why so many regret the step they have rashly taken.

Adelaide Proctor in a little poem says that

"A loving woman finds heaven or hell

On the day she is made a bride."

This is not unchangeably true. It has often occurred when an innocent, ignorant girl, negatively pure, has been married to a man of habits positively evil. Trained to the belief that intimacy is impure, she may be shocked and horrified to be embraced by a man who approaches her without a sense of delicacy; and thus she may find "hell." Women sometimes sell themselves, or by their parents are sold into a state of dependence and sexual subjection, the consideration being a home, or a name and respectability, or money, or the belief the subjection will be rewarded in the world to come. Both husband and wife often believe in the "physical necessity" theory on his part. You can almost select them from among your friends from their personal appearance and from the brood of children that spring from such a parental source. He is coarse and dominating, she wan and faded and pathetic, the children cringing or unruly; the family anything but realizing that the strength of the nation depends upon the integrity of home.

Another instance of failure occurs where both reciprocate in gratifying the animal propensities until the better nature is consumed. Tolstoi dwells upon this as a typical marriage in his "Kreutzer Sonata." Everybody old enough to

contemplate marriage and all the married ought to read "The Kreutzer Sonata" to obtain a true picture of the possible horrors of modern matrimony.

But the greatest of the evils resulting from ignorance or unfitness for marriage fall upon the offspring—little weaklings, whose welfare was not consulted before birth, and very little afterwards.

—:O:—

## CHAPTER II.

### SYMPTOMS OF PREGNANCY.

Perhaps there is no more eventful period in the history of woman than that in which she first becomes conscious that the existence of another being is dependent upon her own, and that she carries about with her the first tiny rudiments of an immortal soul.

Now, as this book is intended mainly for the wives of working men, I have no intention of burdening their minds with anything but actual and well-known signs—symptoms which will tell them that they are going to be mothers.

*The stoppage of the courses, or monthly flow*, is looked upon by most women as one of the signs of pregnancy; and in the greater number of cases it is a reliable symptom. In some young women, newly married, a stoppage of the menses may occur for three or four monthly periods, along with swelling of the breasts and some enlargement of the body, without the presence of pregnancy. This, however, is usually the consequence of excitement produced in the whole system by the first sexual embraces, too often excessive and hurtful. Some women have the flow for three or four months after they have conceived, and others even during the whole time of pregnancy. There are women, too, whose courses only appear when they are pregnant. I may, however, mention that these two latter cases are very rare; and, as a rule, if a married woman notices that her menses have stopped, and there is no cause for it—such as cold—she may feel almost certain that she is entering upon the period of pregnancy, especially if she has been some months married without the stoppage taking place.

*Nausea and Vomiting.*—Some women commence to be sick four or five days after they have conceived, while others



## SYMPTOMS OF PREGNANCY.

feel quite well till the end of the fourth week. I have even met with some who, during the whole time of pregnancy, are quite free from sickness and nausea. Few women, however, escape long without more or less vomiting and nausea. The vomiting, as a rule, comes on in the morning on rising from bed, and is therefore called "the morning sickness." There is this peculiarity about it in strong, healthy women, that only mucous matters, like the unboiled white of egg, are thrown up, the food remaining in the stomach. In most cases the woman can eat her meals with relish after "the morning sickness," and feels quite well during the rest of the day. Of course, in some cases vomiting may be so severe that no food can be retained on the stomach, and may even persist to the end of pregnancy. The nausea and vomiting, however, generally cease at the end of the twelfth week of pregnancy.

A woman, therefore, who notices that the menses have stopped, and that she has "morning sickness," may look upon her condition with a considerable amount of suspicion.

*Discoloration of the Vaginal Passage.*—This is a very early sign of pregnancy. It is also an extremely valuable one. The skin (mucous membrane) which lines the inside of the vagina is, in a non-pregnant woman, of a rosy colour; but soon after she becomes pregnant it turns to a violet hue. With a small looking glass and a good light, a woman can, with a little management, observe this change of colour herself; or, better still, her husband or a female neighbour could easily detect it by slightly distending the mouth of the vaginal passage, at the same time letting a good light shine upon the exposed parts. I strongly recommend to a woman's attention this early and faithful sign of pregnancy. Together with this violet discoloration there is often a kind of creamy discharge into the passage from the neck of the womb.

*Salivation*—which is an excessive amount of saliva or spittle in the mouth—is sometimes present, either at one period of the pregnancy or during the whole time. This flow may be so excessive as to dribble from the mouth in large quantities, even to the extent of a pint in twenty-four hours. Usually however, the amount is but small.

A very important sign of pregnancy, and one which any intelligent woman can detect for herself, is that the pulse beats neither quicker nor slower when she stands, sits or



lies. In other words, change of position does not alter the rate at which the pulse beats when the woman is pregnant. If, however, there is no pregnancy, the pulse will beat more slowly when the woman is lying down than when she is standing up. The pulse can be easily counted by gently pressing with the first two fingers over the wrist, in the place where the doctor always feels for the pulse.\* By watching the hands of a clock move *one minute*, and at the same time counting the pulse beats, the number of beats a minute will be ascertained. Then compare the number when standing with the number when reclining.

The veins on the legs often enlarge and become swollen or *varicose*. With many women this is often one of the first signs of pregnancy. Piles may also be present, and be not only troublesome but extremely painful.

*Toothache* is one of the most distressing signs of pregnancy. Some women lose one or more teeth every time conception takes place. It is not wise to have teeth drawn if there is pregnancy, as the shock to the system might bring on a miscarriage.

*Strange appetites* for unlikely articles of food will be found to affect most pregnant women.

The signs mentioned, especially if most of them occur together, or follow one another in more or less regular order, may almost make a woman morally sure that she is likely to become a mother.

If, however, in addition to the above, other more visible signs appear, little doubt can remain. These signs are *changes in the breasts and enlargement of the body*.

The breasts begin to swell about the second month. They feel full and tender, and often throb. Their veins fill with blood, and look as if they were knotted. The nipples become very tender. Milk can often be pressed out; and if only one drop can be got, it is a very sure sign of pregnancy. The circles round the nipples become darker in colour.

The body (abdomen) does not begin to enlarge until after the end of the fourth month. Before that time the womb, sinking down, makes the body look flatter than usual. From the fifth month, the body gradually increases in size, and by the end of the ninth month the womb has almost reached the lower end of the breast-bone. As the womb rises in the body, the navel becomes pushed out

\*The beat of the pulse can nearly always be detected about an inch above the root of the thumb and about half an inch from the outer side of the wrist.



more and more.

*Quickening* is a sign to which most women attach a deal of importance. They think that the movements felt in the body about the end of the fourth month are caused by the child first becoming alive or *quickened*. This, however, is only a vulgar error, as the child is alive from the moment it is conceived in the womb. It is doubtful whether the movements felt at this period are caused by the child moving in the womb. Most doctors are of opinion that the feeling called quickening is produced by the womb rising up into the body, which it mostly does at the end of the fourth month. Whatever may be the cause of the feeling, it is, however, a most valuable sign of pregnancy.

Such are the main signs which a woman should rely upon. All of them being present would make her certain of her condition. But if there should be only at first stoppage of the courses, "morning sickness," swelling of the breasts, toothache and depraved appetite, I would still advise a woman to take care of her health, and to prepare her mind to become a mother.

Later on absolute signs appear in which no mistake can be made. Some of these signs can, however, only be detected by the doctor; and I would certainly advise every woman to speak to a medical man early, and, if she has any doubts, be examined by him; and, if he confirms her suspicions, follow his advice.

It is always the wisest plan for a woman to speak to a medical man as soon as she suspects that she is pregnant, because if she engages him to attend her in her confinement, he is then ready at hand to call in as soon as wanted. He takes, moreover, an active interest in her welfare, and advises her as to her health during the trying time of pregnancy.

I would commend the reading of this chapter to young women newly married, who are, as a rule, ignorant of all the signs which point out pregnancy, and who are too often too bashful to ask their married neighbours for information. Mothers should instruct their daughters entering upon the marriage state in all matters relating to the generative functions. But how seldom they do so, and how often is a young woman's health and happiness blighted through this foolish neglect.

CHAPTER III.

HEALTH PRECAUTIONS DURING PREGNANCY.

As soon as conception takes place a new life is begun. From that time parents should strive to make the best possible conditions for the child.

For nine months the mother carries the new being within her own body. During this time, it is both her duty and that of the child's father to do all in their power that the child may be a wholesome, well-developed specimen of its species.

No married couple will desire, design and love a babe into existence without the first requisite—good physical health. They can transmit only what they possess. Mr. Grant Allen said: "To prepare ourselves for the duties of paternity and maternity by making ourselves as vigorous and healthful as we can be is a duty we owe to children unborn and to one another."

Fresh air is of the utmost importance. It is relatively more than food and drink to the economy of the body. And every mother-to-be should spend as many waking hours as possible out of doors, filling her lungs with the good air of heaven. One authority says: "Four or five hours of outdoor breathing, daily, is the very least compatible with health for adults." There is vitality and strength to be gained from out-door exercise that cannot be gained in an equal proportion by any of the very best indoor arrangements. Contact with Mother Earth conveys away any superfluous bodily electricity that might otherwise make one "nervous."

The dress of a pregnant woman should be light and comfortable. There must be absolutely no compression through the vital regions; none, in fact, anywhere on the body. It has been plentifully demonstrated that woman's dress may be *both* artistic and hygienic; that it may even follow lines of conventional suggestion and yet be healthful. But the pregnant woman has all the reasons for assuming flowing robes; she dare not, in justice to herself and babe, try to bind herself into the skin-tight bodice of the fashion-plate dress.

The union undergarment, the comfortable bust supporter, to which may be attached hose supporters and a skirt, are the only undergarments needed. The outside garment may



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be a pretty Empire dress, or a tea jacket with a skirt attached to the bust-supporter. The dress for street wear can be made with an Eton or Blazer jacket, and skirt built upon the gown form. The form may be made adjustable as to darts, and trimmed in front of waist to correspond to a shirt-waist front; the fastening is in the back and concealed by the jacket. Any kind of desirable neckwear may be worn. There are several bust supporters on the market any of which may be secured for the cost of an ordinary corset. And the comfort and satisfaction from wearing them is many hundred per cent. over the barbarous corset and conventional dress.

Diet is very important in pregnancy. Its purity and wholesomeness are items of consequence at all times, but at this time such food as is heating to the blood, or rich in bone-forming material, should be avoided. For the former, eat of fruits plentifully. If this suggestion is observed, with others of hygienic value herein noted, there will be no danger of that scourge, child-bed fever. Select such fruits as are agreeable to the palate and eat freely of the same at the beginning of each meal.

The nausea which is the horror of so many women, known as *morning sickness*, is often overcome by the fruit diet. A chief source of nausea is intercourse during pregnancy. If nausea persists, and intercourse is a habit, it should certainly be discontinued, though it may be said that morning sickness is one of the least of ills resulting from the marital practice of copulation during pregnancy.

Women inclined to obesity should particularly avoid eating too much. The old saying that a pregnant woman eats for two is done threadbare. It is true that another occupies her body with her; but when it is remembered that the average babe only weighs about seven pounds and has nine months in which to grow to that size, it will be seen that double eating is not necessary, even in the case of the thin woman. One does not want a large, fat baby so much as a healthy, well-formed one. Overeating will bring on digestive derangement in the majority of cases, and any disease must be guarded against. Eat only enough to satisfy hunger; do not force the appetite if not hungry, and *do* restrain any tendency to over-eating, which easily may be made a habit. Large babies are hard to be delivered of. It is often necessary to separate the parts of the child's



body and bring it lifeless into the world, to save its mother, which cases are due to the "eating for two" theory. Where the mother is stout, labour is usually difficult, and many times the tedious labour destroys the baby's life. These things are too serious to be the result of carelessness during pregnancy; the appetites should be restrained from unnatural development for sake of the babe's character-building as well as his physical good. Pre-natal influence shapes the future individual. All that education and environment can do after birth is to make the individual a good, bad or indifferent specimen of the *kind* decided by heredity and prenatal influences.

There sometimes exist peculiar cravings for stimulants or condiments or certain articles of food, which may in a limited degree be gratified, else the mind dwelling often on the subject may imprint the craving on the child. Any woman who knows the first principles of hygiene knows that coffee, tea and alcoholics are not food; they are but stimulants to spur bodily or mental powers to greater exertion; when reaction comes exhaustion is much greater than otherwise. The habit of using stimulants for years undermines even a strong constitution, and when the weakness is felt it is attributed to advancing years instead of to bad habits.

Do not give too much consideration to what is to go into the stomach. It is good for neither mother nor babe. Fill the mind with wholesome, uplifting thoughts for others, and the child will reward you a thousandfold in his regard for others than self.

*Exercise and Rest.*—A healthy woman should not neglect her household duties on account of her pregnancy. The active employment of both body and mind is needful in order to keep well.

The lifting of weights or pushing about of heavy things should not be indulged in, for fear of bringing on a miscarriage, or forcing labour before its time.

Regular out-door exercise is very beneficial. Every woman, if possible, should try and get at least an hour's walk in the fresh air every day.

In the middle of the day, after dinner, a couple of hours' rest, either on the sofa or in bed, should be obtained, if the necessities of life permit. Early to bed, and eight or nine hours' rest should be taken every night.



## HEALTH PRECAUTIONS DURING PREGNANCY.

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Fresh air, without draughts, must be maintained in the sleeping-room. The fire-place must not be closed. A current of air should be allowed to flow between the bedroom-door and the chimney, the bed, of course, being placed in a part of the room where no cold air can blow upon it. A very good and cheap ventilator can be fixed in a few minutes in any bedroom. It is made thus: a piece of board, the length of the window-sash, and about three inches broad, is placed at the bottom of the frame, so as to fit in tightly. The sash is then shut down on to the board. This leaves a space between the lower and upper window-sashes. Fresh air enters the room through this space, and flows upwards, and the air of the room is renewed without a draught being felt.

No gas or paraffin lamp must be burnt during the night in the bed-room. Both tend to make the air very impure. If the weather is cold or damp a small fire may be of service. A fire also promotes the circulation of air. See, however, that the chimney does not smoke.

Unless a pregnant woman has plenty of fresh air to breathe, her blood will become impure, and she will suffer from bad health, and her baby, before it is even born, will suffer too.

*Attention to the Bowels.*—The bowels must never be allowed to get costive, because if they do, and remain so, the woman will have a much harder time when labour comes on. Costive bowels also cause many other troubles.

If a woman is naturally costive I would advise her to try and regulate the bowels as much as possible by diet—plenty of porridge, plenty of wheat-meal bread and stewed fruits. If, however, diet will not answer the purpose, simple medicines should be taken when required. One of the best medicines is the compound liquorice powder, of which a teaspoonful should be taken at bed-time in a cup of cold water. A couple of table-spoonfuls of olive oil often answers very well taken at bed-time. Olive oil is safer than castor oil, and does not irritate the bowels in the same manner as the latter. Ordinary Epsom salts I do not recommend. Figs, dates, raisins, and ripe apples may be eaten with advantage to the bowels. If the bowels should remain very costive, an injection of soap and water, with about an ounce of olive oil in it, might be used two or three times a week, or even oftener. Such an injection should be given the first



thing in the morning. An enema syringe should be in every house. A woman can give herself an injection in the bowels with a little practice.

It may be well to mention here a few of the disorders which women are apt to suffer from during pregnancy, and to point out the best means of treating them. Of course it is only the simplest affections which a woman can attend to herself. If anything serious should arise, or if she cannot get relief from her home remedies, she should send for the doctor without delay.

*Excessive Vomiting.*—This, if allowed to go on for long, reduces the strength and produces many serious disorders. It is also likely to bring on a miscarriage. It should therefore be checked. A little *oxalate of cerium*, obtained from any chemist, is the best remedy. As much as can be piled up on a three-penny piece is the ordinary dose. It should be taken, mixed with a little water, three or four times daily. It usually acts like a charm. Plenty of rest on the sofa is also beneficial if vomiting is severe. If, however, the above means should fail, the doctor had better be consulted.

*Diarrhœa* may generally be checked by diet, which should consist mainly of arrowroot, sago, tapioca, and cocoa. Avoid brandy. Eat plenty of salt. If diet does not stop the diarrhœa, take five drops of laudanum three or four times a day. Drink lime-water and milk mixed. I have found *Ingluvin*, in ten-grain doses every three hours, a capital remedy in many cases of diarrhœa and vomiting occurring during pregnancy. It can be taken mixed with a little water or milk.

*Costiveness* may be overcome in the manner mentioned above. If it should be very obstinate, however, I would recommend the following mixture, to be made up at a chemist's:—

Take Fluid Extract Cascara Sagrada,  
Simple Syrup,  
Water, of each 1 oz. Mix.

A teaspoonful three or four times a day.

A teaspoonful of glycerine injected into the bowel every morning with a glycerine syringe is an excellent remedy for constipation.

*Salivation* may be relieved by gargling the mouth several times daily with Tincture of Myrrh and cold water, a



## HEALTH PRECAUTIONS DURING PREGNANCY.

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teaspoonful of the tincture, mixed with a wine glassful of cold water, forms the proper strength of gargle.

If *piles* should be bad, much relief may be obtained from hot fomentations. The ointment of galls and opium may be applied night and morning with advantage, a dose of Cascara Sagrada mixture mentioned before, two or three times daily, will, however, keep piles in check.

*Toothache* may be relieved by dropping a little carbolic acid into the decayed tooth, or by painting it all over and round the gum, by means of a camel-hair brush, with a mixture of equal parts of tincture of iodine and tincture of aconite. This mixture is poisonous and must not be swallowed. No tooth must be extracted during pregnancy without the doctor's advice, and then it had better be done under the influence of nitrous-oxide gas so as to avoid pain and shock to the system. I have known miscarriage to take place through extraction. A twenty per cent. solution of *cocaine*, obtained from the chemist's may be well painted into the aching tooth by the woman herself, and will give instant relief. There is a kind of spray apparatus, invented by Dr. Miller, and sold by most surgical instrument makers, for putting *cocaine* solution into decayed teeth. The apparatus, nowever, costs 10s. 6d.

*Neuralgia*, or *tic* of the head and face, may be best relieved by application of dry hot flannels. A cone of Menthol, sold by every chemist, rubbed on the painful part will give great ease, or one of the newly introduced Menthol plasters may be applied. No stimulants should be taken to relieve nerve-pain.

*Cough*, which is sometimes troublesome during the last three months of pregnancy, may be relieved by linseed-tea, Spanish juice lozenges, or by sucking a piece of gum arabic. A teaspoonful of glycerine three or four times daily is an excellent remedy. Terebine or cocaine lozenges may also be sucked.

If at any time during pregnancy *fainting* comes on, rest on the sofa or in bed for an hour or two will be the best. Twenty or thirty drops of sal volatile in a little water will be the best remedy.

*Whites*, if profuse, often cause discomfort and set up irritation of the outer parts of generation. Washing with tepid water and Vinolia soap will usually relieve the irritation.



If there should be much *itching* of the parts of generation, washing as before and bathing with a lead lotion will relieve. The lotion is made by dissolving twenty grains of *acetate of lead* in a pint of water. A Hazaline lotion (2 oz. to half a pint of water) will relieve when other means fail.

A pregnant woman must on no account go where there is any infectious disease, such as measles, small-pox, scarlet fever, or typhoid fever, because she would be very liable to catch such fever, and a miscarriage or premature labour would be almost certain to take place. Besides, the woman herself would run great risk of her life if she contracted one of the above diseases. Neighbours from infected houses must be kept away.

If a woman, *before* the beginning of the seventh month of pregnancy, has a discharge of blood and suffers from bearing-down pains, she is no doubt threatened with an *abortion*, or *miscarriage*. If the same symptoms occur *after* the beginning of the seventh month, a *premature labour* will no doubt take place.

I may remark here that a child born before the beginning of the seventh month cannot live. If born after the beginning of the seventh month it may live with care.

A woman threatened with either a miscarriage or a premature labour should immediately send off for the doctor. She should go to bed and keep perfectly quiet till he arrives. She would do wisely to take about ten drops of laudanum in cold water. All her food and drink should be nearly cold. The lighter her diet is, the better. If flooding should be profuse, I would advise the application of cloths wrung out in cold water to the lower parts of the body. No brandy should be taken, as it usually makes flooding worse.

Some women look upon "a slight miscarriage" with contempt. This is foolish, because if a woman who has miscarried gets up too early she exposes herself to very many serious dangers, such as inflammation of the womb, and putting of the womb out of place. She may also incur the awful risk of blood-poisoning. Therefore, let every woman who has suffered a miscarriage put herself completely in the hands of her doctor, and follow out his instructions to the letter.

Other disorders of pregnancy no woman should try to treat herself, but should obtain medical advice as soon as



possible. During pregnancy a woman should avoid, as far as possible, everything of a disagreeable nature, especially unpleasant sights. She should keep her mind free from all harass and care. This is important if she wishes to bear a healthy child.

Forty weeks is the average period of pregnancy from beginning to end: the woman herself is usually the best judge of the commencement. She may reasonably calculate upon being confined about 275 or 280 days from her last menstruation. Many married women keep the dates of their monthly discharges, and find the system useful.

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### CHAPTER IV.

#### TREATMENT DURING CONFINEMENT.

The earliest symptom that the time of parturition is near is the descent of the child into the pelvis, when it has before been near the diaphragm. A positive feeling of relief is experienced, because of the increased breathing capacity. This state may exist for several days previous to labour—though often it is of only a few hours' duration. A slight discharge of mucus tinged with blood occurs, which indicates that the uterus is getting ready for the discharge of its contents; this is called "the show" by doctors and midwives; *os uteri* is becoming unsealed.

When these indications occur the lady should lose no time in having the chamber in which she expects to be confined arranged. The most light and airy room in the house should, when possible, be made the lying-in room. Good ventilation and light are imperative in sickness. The bed should be strong and firm to preclude the possibility of being jarred by a tumbling down. The mattress may be of any of the good makes, over which should be spread two yards of rubber cloth. Over the rubber or oilcloth may be spread whatever else is desired to make the bed comfortable. The doctor will expect to be seated so that the right hand may be used to assist the patient when necessary.

The nurse and physician should be informed at the time they are engaged as to when their services will be required, that their other engagements may not cover it.

The doctor, nurse and a lady friend are all that will



be needed at the time of parturition. If the labour is not tedious even their services will not be required for long.

The child's clothing and that of the mother should be ready for the moment they are needed.

Labour has been divided into three stages. In the first the uterus alone contracts, and the mouth dilates. In the second stage the abdominal muscles assist the uterus in expelling the child. In the third stage the placenta and membranes are expelled.

Everything needed for the care of mother and babe should be at hand when delivery is over. The clean garments for both, plenty of soft cloths, sweet oil, soap, towels, arnica, safety pins, etc. There should also be a large square of soft flannel to wrap the child in as soon as born.

Avoid having as nurse or friend at this time one who is not cheerful and pleasant. The morbid, unhappy person depresses even those who have not such important business at hand. Some women enjoy pleasant conversation during labour, others prefer quiet. The wishes of the one so vitally concerned should be observed.

When the babe is born it must be laid at once where the uterine discharges will not endanger its life. After wiping the mucus from the mouth and face and seeing that respiration is established, the child is folded into the soft warm flannel prepared for the purpose and laid to one side until the pulsation in the cord has ceased, which is in from ten to thirty minutes. Then the umbilical cord is tied and severed, or the navel dressed without tying, according to the opinion of the attending physician. Opinions vary as to tying the cord; but as to severing before pulsation has ceased, the best authorities are agreed that it should not be done.

If there is any tendency to flooding, the mother should lie flat upon the back, with the head lowered. As soon as pulsation has ceased in the umbilical cord, with a sharp pair of blunt-pointed scissors the doctor severs it, and either dresses the navel himself or passes the child to the nurse to be attended.

In natural labour, from a few minutes to an hour elapses before the afterbirth and membranes are expelled. Neither the doctor nor midwife should pull at the cord. If the



uterus is not ready to expel the placenta, a pull may displace the organ and some permanent injury be done the woman. A forcible pulling on the cord has been known to turn the uterus wrong side out.

After the afterbirth is expelled the conscientious physician will examine to see if it has been entirely passed away.

Dr. Curtis, in "Midwifery," says: "Never fear to wait for the efforts of nature, aided only by innocent means and processes, to disengage the placenta. Many instances have occurred in which it has remained not only for hours, but for days, and then came away without danger or inconvenience to the patient."

There are so many ways by which a woman may save herself a painful, tedious delivery through care beforehand; the wonder is that any will be recklessly careless as to the rules of health when it may mean their own or their child's life.

When the placenta has been expelled the patient may, if not too exhausted, be made tidy and comfortable and left to rest. The afterbirth should be burned or buried.

For several days after delivery there is a discharge called the *lochia*. The more natural the delivery, the lighter the discharge.

The bowels and bladder are often in a state of semi-paralysis after labour. The attending physician will notice those functions. If there is no action within thirty-six or forty-eight hours following labour attention must be given them. A full internal bath will ordinarily cure even obstinate cases of retention. Water, filling the large intestine, is more or less absorbed and passed off through the kidneys, washing that excretory channel as well as that of the colon.

The diet for a convalescent woman may be almost anything for which she has a liking, with the care not to overeat.

The babe should be placed to the maternal bosom every hour of its waking moments for the first week. The estimated capacity of the stomach of a new-born child is a thimbleful; so it can not make use of very much food until growth begins. Dr. Louis Starr says: "As the secretion of milk is never fully established until the third day after labour, it stands to reason that no food other than the colostrum (the first secretion of the



mammary glands) is required before that time. Hence the practice of filling the infant's stomach with gruel, sugar and water and other sweetened mixtures is more than useless, for it diminishes the activity of sucking and the consequent stimulation of milk production.

It is best not to allow any food to be given the child but its mother's milk, but if her health has suffered, and bodily functions are poorly performed, lactation may not be readily established. If, after the third day, the breasts do not give a plentiful supply of milk, the feeding may be supplemented with cow's milk. Be sure the cow is sound; diseased cattle often convey the malady through the milk. The milk should be diluted with double its quantity of water and sweetened slightly with sugar of milk. The artificial feeding may be done with a spoon. It should be discontinued whenever the mother's milk begins to flow.

Many mothers give up the effort of nursing their babes too soon. Perseverance is necessary when the child does not readily take the nipple. A little milk squeezed from the nipple into his mouth will often cause him to seek its source. Dr. Starr says: "When giving the breast the infant must be held partly on its side, on the right or left arm, according to the gland about to be drawn, while the mother must bend her body forward so that the nipple may fall easily into the child's mouth, and steady the breast with the first and second finger of the disengaged hand placed above and below the nipple. In case the milk runs too freely, a condition very apt to excite vomiting, the flow is easily regulated by gentle pressure with the supporting fingers. Each of the breasts should be drawn alternately, the contents of one being usually sufficient for a meal; and a healthy child may be allowed to nurse until satisfied, when he will stop of his own accord."

Regularity in the feeding of infants is more important than when they are older. The functions of the delicate little body are easily disturbed. It is a very serious mistake to feed a babe every time it cries. When the meals have been regulated, and the diaper changed whenever necessary, if the babe cries it is due to some other cause, which should be discovered.

It is not desirable that a babe be fat, all former notions to the contrary notwithstanding. Mortality is always greatest among fat babies. If a child is plump, rosy and



frolicsome he is well. Too much fat burdens the movements of babe or adult, and observation proves that all who are overstocked with fatty tissue have not the power to throw off disease.

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## CHAPTER V. THE BABY.

The period of life known as infancy comprises about the first three years of separate existence, or until all of the milk-teeth have been cut.

The earliest infantile needs pertain, for the most part, to his physical well-being, although good discipline and good environment are of no small importance even while very young. Regularity in the care of a babe makes an early impression. The feeding, bath, and exercise, which should occur at stated hours, will be anticipated and called for, and this arrangement enables a mother to give a little time to herself and household, and not be in such constant attendance upon His Majesty the Baby.

The Daily Bath should occur either in the morning or evening. Most mothers prefer the mornings; but regularity is the most important item. A good time is between morning feedings.

Water for the bath should be pure and soft to prevent chafing the delicate skin. It is very convenient to have a low stand or stool upon which to rest the bath-pan, to enable the bather, while still sitting, to be on a level with her work. Some good soap made without potash or other irritating ingredients should be at hand, along with a soft flannel for a wash-cloth, and some soft towels.

In drying the baby, the flesh should be patted rather than rubbed. The natural folds of flesh where water may lodge require especial attention, or in a very short time excoriations will be seen. After drying, the whole body should be gently rubbed with the palm of the hand for about five minutes. This encourages a good reaction by quickening capillary circulation. The tonic effects of the bath are in the reaction. Weakly children thrive especially under this gentle manipulation. Do not dally with the bath.

Powdered rice is a very good form of powder to use over the body should the drying process not be perfect; but this



Is not essential if drying is well done.

Crying is the chief means by which the infant can make known any suffering, discomfort or displeasure. In the variations of the cry the mother may learn to diagnose the troublesome conditions.

Incessant, unappeasable crying is usually due to earache or to hunger; it frequently, too, is caused by the pricking of a badly adjusted pin.

If crying occur during an attack of coughing, it is an indication of some painful affection of the chest, if just before or after an evacuation of the bowels, of intestinal pain.

When crying has a nasal tone it should suggest swelling of the lining membrane of the nose, or obstructing condition. Thickening and indistinctness occur with throat affections.

A loud, brazen cry is a precursor of spasmodic croup, and a faint, whispering cry of true or membranous croup. Hoarseness points to disease of the lining membrane of the larynx either catarrhal or syphilitic in nature.

A manifest unwillingness to cry can be seen in pneumonia and pleurisy, when the disease is severe enough to interfere materially with breathing.

The feeding of babes is the most important need, if any one physical requirement can be singled out. All other organs of the body depend upon the digestive apparatus and the lungs. To keep these systems in health means bodily health; to abuse them brings punishment to all the rest of the body. A babe's life and health is at the mercy of his care-takers; hence the importance of mothers and nurses informing themselves. Except in hereditary cases sickly and diseased children are a reproach to their parents. The means for learning much of the proper care of children are to be found on every hand, so that entire ignorance is inexcusable. But there are a great many who do not know that they are ignorant; who believe truly, when their babes are taken sick and die, that a dispensation of Providence has overtaken them. Perhaps it is just as well for the world. The fool has been the problem of the ages, and the less the species is reproduced and raised to maturity, the better.

"The education of young women has no department of maternity. It is considered indelicate to give this consecrated functionary any previous knowledge of her sacred duties. This most important and wonderful of human



functions is left from age to age in the hands of absolutely untaught women. It is tacitly supposed to be fulfilled by the mysterious working of what we call 'the divine instinct of maternity.' Maternal instinct is a very respectable and useful instinct, common to most animals. It is 'divine' and 'holy' only as all the laws of nature are divine and holy.

All women who expect to be wives and mothers, in justice to themselves, must study what those relations mean and how best to acquit themselves when placed in those positions. To fully equip herself as a well-rounded human being will make her not only more valuable as a mother of the race, but as an individual character.

To return to infant feeding. When possible the mother's milk is the only food to be given. He should be given the breast every hour of the twenty-four for the first week; from that up to the sixth week, twice during the night and every two hours during the day. If put to bed at seven p.m. he will need to nurse about nine and eleven, leaving his mother from then till five a.m. undisturbed.

The natural feebleness of infantile functions makes regularity in feeding imperative. One hard and fast rule can not be made to apply in all cases. Some babes will need to be fed oftener than others; some less. The hours here given are approximately correct.

After the sixth week the interval between feedings may be increased until, by the fourth month, it reaches three hours; this interval is usually continued until weaning, which will occur at from nine to twelve months.

When the mother's milk is not sufficiently plentiful, artificial feeding may be used in connection with nursing, alternating with the breast. There is a considerable difference between cow's milk and human milk, and but few infants thrive when given pure cow's milk. There is, in ordinary cow's milk, about one-half the amount of sugar that is in breast milk; and the curd to be driven from human milk is only about one-fifth as much as can be obtained from the same quantity of cow's milk. To prevent too much curd in the stomach of the baby the milk is diluted with double its quantity of water; this reduces the amount of sugar and fat which is already too low. The feeding of diluted cow's milk causes the child to take a larger quantity to get nourishment enough, and the over-



crowding often causes distension and feebleness, colic and other difficulties. To overcome the lack of sugar and fat the milk may be diluted as before, using one part milk and two parts water; add sweet cream equal to half the quantity of milk, and one teaspoonful of sugar of milk to four ounces of cream.

It is better to feed with a spoon. There is not then the anxiety of keeping nursing-bottles, nipples and tubes sterilized. If a feeding bottle is used it must be kept scrupulously clean.

The time for weaning a babe must depend to a certain extent upon the health of the mother and the development of the babe. If the mother is strong and the babe hardy, nursing may be prolonged up to twelve months; rarely longer. To insure good health for herself and child, a mother should be reasonably free from heavy labour, avoiding both mental and physical fatigue. It is not necessary to give especial attention to her own diet beyond a wholesome supply of nourishing foods.

The easier way to wean a child is to begin about a month before he is expected to give up the breast by substituting a prepared food for one of the three-hour meals. The next day give the preparation alternately with the breast - and so on until the breast can be withheld entirely. When any reason exists for abrupt weaning it is done at once completely. This is harder for both child and mother, however.

It is a great mistake to take a child to the table and allow him to eat of whatever is placed thereupon, after weaning. His digestive powers must grow gradually to take heavy foods. While such may be given, and the child is not sickened thereby, it does not argue that it is digested and assimilated. If the digestive apparatus does not rebel at once, sooner or later overtaxing will tell. It should easily be seen by any one willing to think that food for an adult is not suitable for the stomach of an infant. Almost any place through the country districts one can see mothers carrying tiny babes to the table and giving them mashed potatoes, gravy, bread and butter, and even coffee and tea. They then are surprised and worried because bowel complaint ensues, especially during the teething period. The teething period should cause no worry. It will not, if methodical and judicious feeding has been the rule.



## THE BABY.

The dress of a babe should always be plentifully warm. To keep a child warm from its birth doubles its chances of life. Too much dependence is usually placed on the heating of houses, most of which are superheated. A babe should be dressed for the most part in flannel, during winter. Authorities disagree as to whether or not flannel should be worn next the skin. It absorbs and retains moisture from the body.

The points to be observed in clothing a baby are warmth, looseness and a uniform covering of the whole body.

The style of night dress varies with the taste of the mother. It is made preferably of wool for winter and cotton or linen for summer. Some mothers use a plain little night robe; a very serviceable garment for a young baby is a long gown with a draw-string at the bottom, to prevent the little feet from kicking free from cover. When the babe is older, drawers made with waist, sleeves and stockings are to be recommended, as furnishing a uniform covering for the body, and for freedom of movement.

No clothing for either night or day should restrict free movement. The growing baby must be able to make all voluntary and involuntary movements with perfect freedom. If the shoes are tight the circulation of blood is imperfect; anything tight about the chest or waist prevents perfect respiration and digestion. Development is retarded whenever these precautions are disregarded. Clothing worn during the day should be changed upon getting ready for bed. The band and napkin must be replaced by clean ones before the bed-gown is put on. The day clothing must be placed where it can air all night, if it is expected to be worn the next day. The same should be done with the night clothing after the babe is dressed in the morning. Not infrequently do housewives put the night clothing under the pillow when making the bed.

The hours for sleep are regulated with the same precision as the meals, usually, although the infant depends upon mother or nurse to be fed, and can go to sleep of his own accord. New-born babes spend all the time aside from feeding and dressing in sleep. As the senses unfold a little more, waking time occurs each day, until at the age of a year a half he will sleep about fourteen out of the twenty-four hours, and about eleven hours at three years.

The regularity consists in getting him ready for bed at a



given hour every night, and once or twice during the day, according to the age. After the fourth or fifth year few children will sleep during the day; but at night they should retire not later than eight o'clock.

No child of any age should sleep with an adult, or with another child. A babe may be placed in a crib by the side of its mother's bed where she can easily attend to its needs.

If the babe is fed and put to bed at seven in the evening, at nine and at eleven it will need to be fed again. Both child and mother should have unbroken rest from 11 p.m. until morning. The bed should consist of a mattress covered with a rubber cloth upon which is a pad the length and breadth of the mattress. Crib sheets and blankets form the covering, and a very small pillow supports the head and neck.

Feathers are objectionable because the body, sinking among them, is kept too warm, which weakens the system and makes it susceptible to cold.

Care should be observed about not covering the nose and mouth. It will be better to have a fire in the room with light bed-covering than to oppress the body with weighty covers. If the little one is restless, it is a good plan to secure the blankets in several places with stout safety pins such as are used in blanketing horses, to prevent its becoming uncovered and getting chilled. If the child comes in winter, hot water bottles are good to place about the little body to preserve its heat.

As soon as the child is taken up in the morning the bedding should be placed separately in the direct sunlight and air and not be made up for an hour or longer. The great disadvantage of having a bed in the living-room is the inability to expose it for any length of time to the sunshine and air before making it up; especially so in cold weather. Whenever possible the bed-rooms should be separate from the living-rooms, and the windows never closed except against a storm.

Never dose an infant with drugs, soothing syrups and the like. Crying babies are unnatural. If baby cries there is something wrong; unless the *training* is wrong and he is crying to have his own way. In neither instance should drugging be resorted to. Discover the cause and correct it. Trying to overcome an *effect* by administering medicine brings on a worse disorder as the effect of the medicine.



Dr. William Hall says: "A very common practice is to give something to stop the baby from crying; then when diarrhoea follows, to give something to stop the diarrhoea; and so it does; it keeps the infant from crying, it cures diarrhoea; it is infallible in summer complaints; but sooner or later, or within a few days, inflammation of the brain comes on, and the child dies; the mother does not note the connection. When the child does not die it will grow up puny in body or mind. One mother who said she never went visiting without her bottle of soothing syrup raised her baby. But the child could never continue in school for headaches; hence was not fully equipped for adult life, through lack of education."

The babe should not be held in an upright position for any length of time. Ordinarily the child will not be able to support its own head and back until the sixth to the eighth month. The muscles of the back which hold the spine in position should be thoroughly strengthened by growth and development before the babe is encouraged to sit alone. Nature's work cannot, with impunity, be hastened, no more in infancy than before or during birth. Curvature of the spine results from muscles of the back being used before there is proper strength. When weak the weight of the trunk pulls the spine forward; then the chest movements are hindered, the blood imperfectly aerated and the child becomes an incurable weakling, or deformed.

As soon as a child begins to know the joys of activity, he should be laid upon a mattress or sofa, guarding him so he cannot fall, and be allowed to exercise in his own way. He will kick his legs, wave his arms, crow and show all the points of a healthy animal. All these movements serve to strengthen; even the crowing and "ah-goo" of articulation strengthen the voice-box. Exercise is one of the essential conditions of growth. Healthy life demands activity. As the child grows older he should not be persuaded into any attempts at physical exertion; when there is strength of body and mind enough to control the muscular action, attempts will be made of his own accord. He must be given time to work out the solutions to his own problems if he be hardy for so doing.

When the child begins to creep the proper place for such exercise is perplexing to find. A baby-tender, which is a kind of low fence of given dimensions, and hinges together,



is useful. If the weather is cold, and the floor more or less draughty, the space enclosed may be made comfortable by one or two comforts so laid as to line baby's "yard." Or a large box, suitable for plenty of movement, may be padded and placed on casters for use of the creeper; if it is slatted part of the way up, say the top half of its height, the little hands will try to assist to the standing posture, and thus gain strength for walking.

After the power to walk is developed the open-air exercise may, once during the day, be taken on foot, carefully protecting the feet and legs before going out if the weather is chilly or damp.

Severe measures in the training of the little folks generally lack coolness and wisdom. Parents, too often, consult their own comfort and convenience rather than benefits to the child. This is especially true when the child arrives at the age of three or four years; when, as some people are wont to say, it can look out for itself. Because the little brain can not comprehend what is said to it, the child is punished often with blows. When fits of anger come to him as the result of contact with an atmosphere charged with parental unbalance, more harshness is administered to quell the disturbed equilibrium. But terrorizing the little one does no real good. The superior force may quiet the tempest temporarily, but it will burst forth at another time. To efface wrong in a child it must first be effaced in the elders.

A keynote of happiness should be sounded for the day by father and mother, and the smaller ones will attune themselves to it. Home is the place where all should cultivate cheerfulness as a duty. It is the haven of rest and development for all its inmates, and mainly depends for its integrity upon the two who founded it—the father and mother.

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## CHAPTER VI.

### WOMAN'S COMPLAINTS AND THEIR TREATMENT.

From a variety of causes, imperfections of the system will, from time to time, arise even in the healthiest body, while there are a large number of cases in which these imperfections are inherent. All affections of the human body belong to one of two classes, viz.: *organic* or *functional*;



and these affections may be *incidental* or *accidental* to the system.

When the structure of any organ of the body is impaired, the evil is called *organic*; but if, while its structure is intact the action of an organ is impeded, the ailment is then a *functional* one. In either case the evil may be *incidental*, that is, may arise from internal causes, or *accidental*, arising from without.

In the following pages the reader is presented with a statement of the nature and cause of a few of the ailments to which the body is liable together with approved and inexpensive remedies, that may be advantageously and safely resorted to.

**ANÆMIA.**—Want of blood, either in quantity or tone. Healthy blood consists of a certain proportion of white and red corpuscles which float in a colourless fluid. When the red are deficient, the face assumes an intense pallor, the lips are pale, and the body suffers from debility and lassitude. The fault may be incidental to the system or may arise from the accidents of impure air, improper foods, or actual loss of blood. It is the peculiar mark of a scrofulous habit, but is not always due to inherent scrofula. The complaint in young girls generally disappears as soon as the monthly flow is established.

*Treatment.*—Tincture of iron, with quinine or gentian, cod-liver oil when the body is thin, and brisk rubbing night and morning with a rough wet towel. Mild, healthy exercise and a bracing atmosphere will do much, with a nourishing diet, to brace up the system. Cold baths should be avoided till the patient is quite strong.

**BILIOUSNESS.**—This arises from excess of animal food, indulgence in fatty products and pastry, indolence and insufficient bathing, which encourage a sluggish liver.

*Treatment.*—Avoid butter, fatty matter of all sorts, and pastry. Eat fruit and vegetables and lean meat only. This latter in moderation. Take regular baths and plenty of exercise out of doors.

**BRONCHITIS.**—Feverishness, headache, lassitude and a troublesome cough are the first symptoms, appearing generally after a chill. It is a highly dangerous illness and makes rapid progress. It should be treated quickly.

*Treatment.*—The patient must go to bed at once. Hot barley-water with lemon juice is given freely. Bran poultices



(very hot) are applied to the chest and a hot water bottle to the feet. Four grains of ipecacuanha powder in a little warm water every quarter of an hour till vomiting is produced. The doctor should be sent for in the meantime.

**COLD.**—The simple cause of most of the complex and fatal ailments, to which people of these climes are subject. More colds are caught in the Spring and Autumn than during the Summer or Winter, for in the Spring, light clothing is most frequently worn too soon, and in the Autumn the body is exposed to the chill nights after the heat of the day. Many fatal ailments are traced to a common cold.

*Treatment.*—If a very hot bath be taken as soon as the chill is felt, the patient going to bed and taking hot drinks, such as black current tea with lemon juice, and a purgative pill, the cold will be broken up forthwith. A day indoors is advisable after this treatment.

**CHANGE OF LIFE.**—By the phrase “change of life,” or the critical period, we understand the final cessation, or stoppage of the menses. It usually takes place between the ages of forty and fifty, although in some cases it may occur as early as thirty, and in others not until sixty; however, we can expect the change about the forty-fifth year.

The symptoms will vary according to the constitution of the woman; in some the change occurs by the discharge gradually diminishing in quantity, in others by the intervals between the periods being lengthened. The woman may pass this period without having any more unpleasant symptoms than an occasional rush of blood to the head, or a headache. Others, however, may have very severe symptoms arise which will require the care of an intelligent physician. These disagreeable sensations should receive a careful consideration, and not be hushed up with the reply, that these complaints arise from “the change of life,” and will vanish whenever that change takes place. The foundation of serious trouble may be laid, which will make the remainder of her existence a burden, and cut short a life which might have been conducted to a green old age. While this change is in progress, in probably the majority of cases, there is more or less disturbance of the health. It is sometimes quite impossible to say exactly what is the trouble with the patient, except that she is out of health. The following are some of the symptoms which may arise: Headache,



dizziness, biliousness, sour stomach, indigestion, diarrhœa, costiveness, piles, itching of the private parts ; cramps and colic in the bowels ; palpitation of the heart ; swelling of the limbs and abdomen ; pains in the back and loins ; paleness and general weakness.

*Treatment*.—Eat and drink moderately ; sleep in airy, well ventilated rooms ; avoid stimulants ; exercise daily in the open air, either by walking or riding ; avoid violent emotions ; shun exposure to wet, stormy weather, wet feet, etc.

**CONSTIPATION.**—Arising from imperfect action of the bowels, to which sedentary occupation predisposes, and may be constitutional.

*Treatment*.—Avoid purgatives, as these only tend to inhibit the normal function of the bowels. Regularity should be observed in going to stool, frequent exercise taken, and plenty of ripe fruit and green vegetables, not much meat. Rub and knead the bowels with oil night and morning. Avoid starchy foods and chalky districts.

**CRAMP.**—Muscular spasm, brought on by cold and exhaustion. It attacks the legs, arms, stomach and the cardiac muscles.

*Treatment*.—If in the limbs, stimulate them by rubbing with brandy or turpentine. Follow with a purgative. Relief is often obtained at once by turning the toes upwards and striking out with the heel. For cardiac cramp give a mustard and water emetic at once, and apply strong smelling salts to the nose. Rest and warmth are essential.

**DIARRHŒA.**—This may arise from irritation caused by the presence of foreign substance or undigested food in the bowels, or from eating unripe or decayed fruit, drinking impure water, etc. It usually occurs in the summer.

*Treatment*.—Take a powder of three grains of calomel and seven grains of rhubarb, with a little honey, every four hours. Eat only arrowroot or sago, not too hot, and drink linseed tea. When thoroughly purged, take a chalk mixture to stay the action of the bowels, and then an opium and belladonna mixture to soothe the body.

**FAINTING.** This complaint arises from defective circulation, weak heart-action, or violent emotion. The brain is not fed with the requisite amount of blood.

*Treatment*.—Give a stimulant, such as brandy, ether, etc.; apply strong smelling salts to the nostrils, and then



bend the body downwards from the waist so that the head is thrown towards the toes. Then give gentle exercise in the fresh air.

**HÆMORRHAGE.**—As referred to *internal* bleeding, this serious condition is known by the dark red colour of the urine or the presence of blood in the excrement, in the vomit, or the expectoration. It may arise from the kidneys, stomach, lungs, bowels, etc. Occuring in the brain, it produces apoplexy.

**TREATMENT.**—See a doctor without delay. Wrap up well, lie down, and take nothing but cold milk until advised by the physician.

**HEADACHE.**—Sick headache arises from acidity or surfeit, accompanied by constipation. Nervous headache is the result of exhaustion following brain work or excitement.

**TREATMENT.**—Take a purgative. A hot bath or the feet in hot water, drinking hot herb tea at the same time. Wrap up well to produce a sweat. If the stomach feels full and distended, take an emetic. Then rest and give the stomach light soothing foods.

**HEARTBURN.**—Acidity caused by indigestion and constipation.

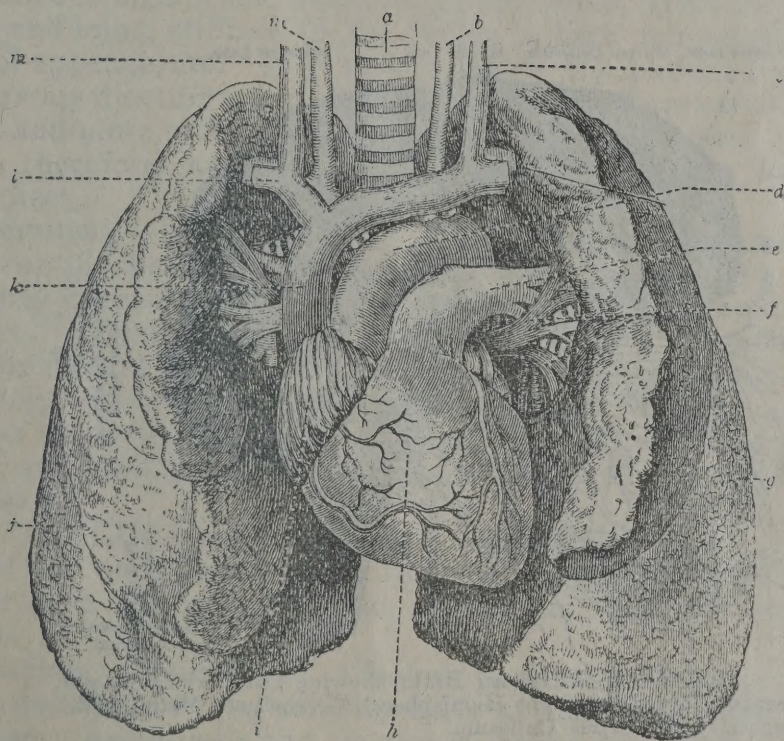
**TREATMENT.**—Take an opening medicine, or an enema of warm water and a little soapsuds. Drink a tumbler of quite hot water. Keep the body very warm. Avoid mixed foods and over-feeding. Rest after the principal meal every day. A pinch of bicarbonate of soda in a tumbler of very hot water often gives immediate relief.

**HYSTERICIS.**—Hysteria is a common nervous complaint among unmarried woman, more especially, from 14 to 30 years of age, and is frequently met with in childless wives of more advanced years. Maternity, therefore, may be regarded as a safeguard. The symptoms are: Staring with wide-open eyes, falling, shrieking, tearing with the hands, inordinate laughter, and sobbing. There is pain in the head and dragging pains in the side or stomach.

**TREATMENT.**—Dash cold water in the face, take the patient by the hands and command her sternly to control herself. Give a dose of sal volatile, and put the patient into a warm bath. The general treatment must be largely mental.

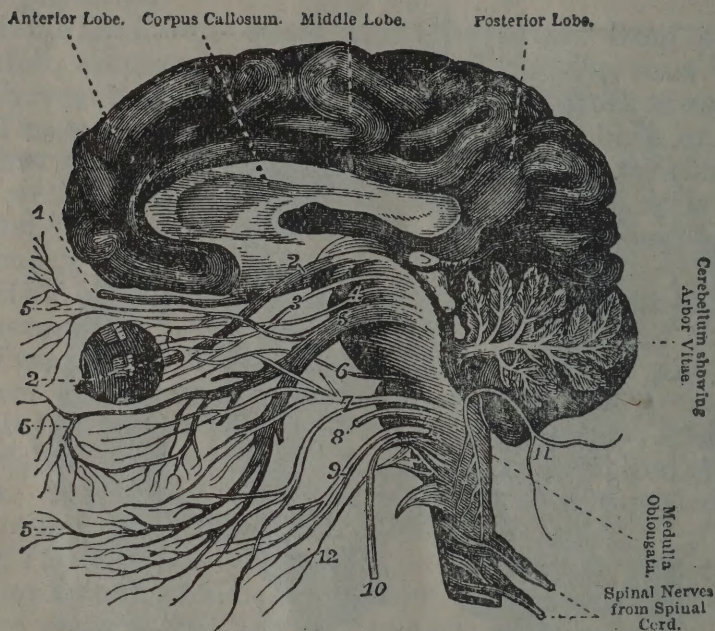
**INDIGESTION.**—Disorder of the digestive organs, in which all or any of the following symptoms may be present :





Lungs and Heart.





Side View of Human Brain, showing Cerebral Lobes and Cranial Nerves (of Right Hemisphere), Cerebellum, Medulla Oblongata, and Corpus Callosum.



## WOMAN'S COMPLAINTS AND THEIR TREATMENT.

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Wind or flatulence, griping pains, distention, acidity, sickness, constipation, sour breath, hot pains in the stomach. The causes are: Improper food, excessive indulgence, irregularity, obstruction, insufficiency of the gastric juices, structural changes in the stomach.

**TREATMENT.**—Regularity, moderation, rest after meals, exemption from worry, proper sleep, open-air exercise. Do not drink before meals, as that weakens the gastric juices.

**INFLUENZA.**—An infectious epidemic which attacks the mucous membrane, occasioning headache, pains in the back and loins, stiffness in the limbs, a high temperature, loss of appetite, etc. It generally leaves the patient liable to nervous disorders, and may either be the forerunner of other and more serious diseases, or even fatal in itself. It must, therefore, have constant and skilled attention from the outset.

**TREATMENT.**—Remain in bed. Take a tumblerful of water with two pinches of bicarbonate of potash dissolved in it. Sip this constantly. Take no food, except a biscuit, if hungry. The acidity of the blood will be thus corrected, and the disease staved off. Chewing a stick of cinnamon is also very efficacious in the first stage of the disease. As soon as the fever has left the patient, give a tonic, chicken broth, and milk puddings; wrap up well and take gentle exercise.

**NEURALGIA.**—A nerve pain which may attack any part of the body, but usually the face. Debility, want of rest or food, exposure to cold winds, etc., are the chief causes.

**TREATMENT.**—Paint the affected part with Cocaine or Ether and apply strong smelling-salts at the same time to the nose. Anæsthesia and counter-irritation are thus set up and usually give immediate relief to the sufferer. If the pain comes on at night with a rising temperature, apply a mash of poppy-heads to the face and take laudanum or opium as prescribed by the doctor. On the following day, take a tonic medicine.

**PILES.**—Varicose or knotted veins in the mucous membrane of the rectum or anus, caused by constipation, congestion of the liver, or debility.

**TREATMENT.**—If taken early, gall and opium ointment will usually cure. A tablespoonful of sulphur in a tumbler of milk every morning will soon bring the malady into subjection.



**PIMPLES.**—Due to impure blood, or to checking the perspiration between the skins by exposure to cold when overheated.

**TREATMENT.**—Take flowers of sulphur in milk every morning to clear the blood. Wet the face with sulphurous acid and glycerine at bed-time.

**SORE THROAT.**—Inflammation of the throat due to exposure to a draught, or to cold when the body is hot. It is also symptomatic of most of the fevers, and therefore must be regarded with proper care.

**TREATMENT.**—Chlorate of potassium used as a gargle, or taken as a tabloid is very efficacious. An astringent gargle should be used, or an alum spray.

**SPASMS.**—Caused by colic or flatulence arising from undigested food in the stomach.

**TREATMENT.**—Hot fomentations to the pit of the stomach, and a quick purge. Keep the region warm by the use of a flannel bandage next the skin.

**SPRAIN.**—The sudden distention or stretching of the ligaments of the limbs, the ankle and wrist being most liable to the accident. When swelling rapidly, it may be mistaken for a dislocation.

**TREATMENT.**—Apply hot fomentations and then treat with arnica bandages, taking care that they are kept continually wet and cool. The affected limb should be supported, and kept on a level with the body as much as possible. When cured, strengthen the part by constant bathing in cold water, with brisk rubbing.

**TEETH DECAYED.**—Decayed teeth, accompanied by foul breath, are due to disordered stomach, want of cleansing, fevers, scurvy, etc.

**TREATMENT.**—Have the decayed teeth scraped, cleared, and stopped by a competent dentist, or, if necessary, have them extracted. In the latter case, it will be advisable to have false ones put in, so that the mastication of the food may be continued without detriment to the digestive organs. Cleanse the teeth by brushing with a stiff brush every morning, using *Sanitas* (a little in a tumbler of water) as a mouth wash. It forms an agreeable froth in the mouth, and is a fine disinfectant and germicide.



CHAPTER VII.

COMMON COMPLAINTS OF CHILDREN AND  
THEIR REMEDIES.

The mother of children should preach and practice moderation in all things unless it be breathing fresh air. It used to be customary to arouse the children of the family when the adults got up, and make them do half of the work, with the result that few arrived at healthy maturity. Studying causes, many of these adults have been bringing to light the precious gospel of health and happiness during childhood as the basis of serviceable and happy maturity.

Try by all means at hand to make your children "sound in wind and limb," "healthy in body and mind," and they have within themselves power to resist disease.

If you have not been successful in so doing, following are some statements as to the common diseases of childhood, with their treatment :

The infectious diseases are those which may be communicated from one person to another in books, clothing, food and other articles. They have a definite run, and have four distinct stages, which are the *stage of incubation*, or between receiving the infection and any active symptom of illness; the *stage of invasion*, or the period between the symptom of illness and the eruption; the *stage of eruption*, from the time the eruption appears until it disappears; the *stage of desquamation*, or shedding the cuticle in the form of scales.

**BRONCHITIS.**—Apply a stimulating liniment to back and chest—camphorated oil or hartshorn and oil for young children; for older ones liniment of turpentine and of mustard. Promote friction in each case by rubbing well with the hand. In case of cough apply warm linseed poultices continuously. If skin becomes tender smear olive oil over surface of the poultice. For internal application, five to ten drops of ipecachuana wine in a teaspoonful of glycerine every four or five hours. When there is much rattling in the lungs it shows that there is an accretion of mucous, and an emetic of ipecachuana wine should be given once a day until the noise has abated. Vomiting clears the bronchial canals of mucous. Maintain an even temperature in the bedroom day and night—64 deg. F. This is highly important. When cold attacks the stomach apply linseed, meal and mustard poultices (five parts linseed, one



part mustard). Diarrhœa may be cured by a change of diet to veal tea, chicken tea or barley water. When the child has recovered it should be kept very warmly wrapped.

**BURNS.**—When these are of a serious character, a surgeon should at once be sent for; meanwhile, it is important to preserve as much as possible the underneath skin.

**TREATMENT.**—The best application is flour dusted on the injured part with a common kitchen dredger; and as the blisters arise, let the water be carefully drawn off, and the flour again applied.—Or; Apply cotton wool to the part immediately after the accident and allow it to remain until the pain has entirely ceased, or until the wool drop off with the scarf-skin.

**CHICKEN POX** is an acute specific fever. It occurs chiefly in children, it is infectious, but never occurs twice in the same individual. The malady commences with slight indisposition and fever, and in about thirty hours the eruption comes out, which appears first as red pimples, which become blisters, breaking about the fourth or fifth day, and then drying up and forming small scabs, which should never be pulled off, as pitting would probably be caused thereby.

**TREATMENT.**—Mindererus' Spirit, 2 fluid ounces. Saltpetre, 1 drachm. Camphor Water to make 8 ounces. Two tablespoonsful to be taken every two or three hours.

**COLD.**—When a child is feverish and fretful, put it in a warm bath for ten minutes, then keep it in a warm room. Keep on light diet. Let it drink rice water, barley water, lemon water, and water with only a little sugar. In case of discharges from the nose, rub a little cold cream or vaseline on the upper lip to prevent irritation of the skin. Nurse with care.

**CROUP.**—An inflammation of the air-passages, peculiar to children. It commences by producing a difficulty of breathing, and the breath passes with a harsh rasping noise which can be heard from one room to another. Those who have had one attack are subject to others, and it is very apt to run in families. It is very rapid in its course, and has been known to terminate fatally within an hour or two from the first attack; a most important point, therefore, is to adopt remedial measures with promptitude and energy.

**TREATMENT.**—Immediately the sound previously described is recognised, give from half to a whole teaspoonful of anti-



monial wine every quarter of an hour until the stomach be freely relieved by vomiting. Medical assistance should be obtained at once.

**DIPHThERIA.**—A mother's skill will not cope with this ailment. Call in a doctor at once. The symptoms are inflammation of the throat, and, if severe, the throat will appear very red and angry. Within a day or two there will appear a thin whitish membrane or skin surrounded by a red border. The membrane changes its colour. Diphtheria admits of no delay.

**EARACHE.**—This is usually due to some degree of inflammation in the interior of the ear. Insert laudanum on cotton wool, and place outside the ear a flannel wrung out in hot water. Renew the laudanum appliance whenever necessary. Give a dose or two of compound liquorice powder or sweet essence of senna. When opportunity occurs syringe the ear with warm water, with a few drops of some antiseptic fluid in it. Syringe very gently. The ear being close, any inflammatory affection may touch the brain. A discharge from the ear therefore should never be neglected. When the discharge is persistent a doctor should be consulted.

**EYELASHES.**—Can be greatly beautified by cutting the ends when a child is sleeping. They will grow longer and stronger if treated once or twice in this way. Great care, of course, is needed.

**FACE-ACHE.**—Dip a sponge, or a piece of flannel, into boiling water and apply it as hot as can be borne over the site of the pain. —Or, soak a piece of lint in chloroform and apply it over the affected part.—Rub in laudanum.

**FOREIGN BODY IN NOSE, EAR, OR EYE.**—From the ear a body pushed in by the child may be usually dislodged with a syringe and warm water, which should be directed along the top of the ear. From the nose a body may be expelled by causing the child to sneeze with snuff or tickling the nostrils. A hairpin may in an extremity be employed, but only with extreme care. From the eye a body may be removed by lifting or pulling down the upper lid and using a camel's hair brush or silk handkerchief.

**LICE.**—If these insects get in the hair and are not attended to, they produce serious results. The irritation they produce causes the child to scratch, and frequently, through dirty finger-nails, blood poisoning may be the result.



The glands beneath the ear likewise swell, and may inflame and break.

**TREATMENT.**—Wash the head thoroughly, first with water, and then with vinegar, and apply the following ointment. White Precipitate Ointment, 2 drachms. Red Precipitate Ointment, 2 drachms. Soft Paraffin, 4 drachms.

**MEASLES.**—This must be distinguished from scarlet fever. The onset is not so sudden, the temperature rarely reaches so high ; it is, moreover, accompanied by cold in the head, and very often bleeding from the nose. A cough and wheezing usually then come on. The rash appears on the fourth day about the forehead first, and then passes to the body, forming an eruption with a crescentic outline. It is of a darker colour than that of scarlet fever ; it lasts generally only four days, and then the skin comes off in fine powder, scarcely perceptible ; the discharge from the nose gets thicker, and convalescence is reached.

**TREATMENT.**—Avoid the cold by keeping in bed and the room warm. No medicine will be required until convalescence, then give Parrish's Chemical Food, 1 ounce. Cod-liver Oil, 1 ounce. Extract of Malt, 1 ounce. A dessertspoonful twice a day, between meals.

**MUMPS.**—This commences with a feeling of indisposition. A swelling is then noticed just beneath the lobule of the ear ; difficulty is experienced in opening the jaw, and soon the swelling fills up the cavity behind the angle of the jaw, extending a little way under it. Generally the swelling commences in the same way on the other side, producing a bilateral affection. Slight fever accompanies it. The illness begins to subside in about six days.

**TREATMENT.**—Confinement to one room and a slop diet are indicated. Use fomentations with flannel wrung out of hot water. A fomentation of camomiles and poppy heads usually gives instant relief. The following Mixture should be taken. Bicarbonate of Soda,  $1\frac{1}{2}$  drachms. Compound tincture of Cardamoms, 1 fluid drachm. Syrup of Ginger,  $\frac{1}{2}$  fluid ounce. Infusion of Calumba to make 8 ounces. Take two tablespoonfuls twice a day.

**NETTLERASH.**—This skin disease is characterised by its appearance resembling the result of a sting from a nettle ; it is usually intensely irritating, but it only lasts a few hours. It is seen more particularly in ill-cared for and badly nourished young children, when the parts become



quite papular.

TREATMENT.—Apply the following lotion. Pure Carbolic Acid, 1 part. Water, 40 parts.

RICKETS.—Nutritious food, including wholesome mutton and beef, cream, broth, eggs, milk, sago, rice, and other light and digestible articles. Fresh air, comfortable and wholesome beds; cold or tepid bath daily, or cold douche after warm bath; warm clothing; sunshine; cod liver oil three times a day; out-door exercise. Everything depends on restoration of strength: where there is serious deformation of limbs a doctor's advice is necessary.

RINGWORM. — This is exceedingly troublesome to destroy; what is a cure in one case seems to have no effect in others. Perseverance is required. It is not, as commonly supposed, a worm, but it is a vegetable growth. It usually occurs on the head or in the beard, but it may occur elsewhere.

TREATMENT.—Wash the head or part thoroughly with warm water and carbolic soap, and then apply the following ointment. Oleate of Mercury 20 per cent., 3 drachms. Carbolic Acid, 1 drachm. Lanoline,  $\frac{1}{2}$  ounce. To be applied twice daily. Care must be taken that no one else uses the same towel, sponge, brush, or comb, or wears the same hat.

SCALD-HEAD.—This consists in a peculiar pimply eruption, followed by the formation of matter; the skin breaks, and the matter communicates itself to the adjacent parts, until the whole head becomes affected. The disease usually attacks those of a scrofulous or weak constitution. It is highly contagious.

TREATMENT.—Carefully remove the hair, and apply to the affected parts night and morning the milder kind of the nitrate of mercury ointment; give an occasional dose of calcined magnesia, from four to eight grains, about three times a week. Pay strict attention to the child's diet, which should be mild, and chiefly farinaceous, and on no account should salted meats, or stimulating food be eaten.

SCARLET FEVER.—Measles and scarlet fever have some points in common that sometimes cause one to be mistaken for the other. But there are differences enough that they may easily be known apart. As, for instance, in scarlet fever there is rarely any cough, in measles the cough is troublesome; in measles the eyes are watery and eyelids



swollen, in scarlet fever the eyes are dry; in measles the eruption is rough to the touch, in scarlet fever it is not. There is a difference in the colour, too, measles being of a raspberry hue, while scarlet fever is what its name implies. The rash in measles begins about the face, in scarlet fever on the chest. In the latter a white line is left for a few seconds after pressing a finger over the point of eruption.

Both diseases are contagious throughout their duration, but measles is most so in the stage of incubation, while scarlet fever is most so during desquamation. Both vary in severity in individual cases, but scarlet fever, of all infectious diseases, is most apt to assume a severe form, and therefore should be under medical supervision. Perfect sanitation is imperative, and upon attentive intelligent nursing under the physician's direction the child's life depends, while, to prevent a spread of the contagion, child and nurse must be isolated for about six weeks, or until the diseased cuticle has been replaced by firm, new skin.

**SORE EYES.**—Should be bathed with warm (not hot) milk in which a little borax has been dissolved. The lids should be anointed on the edges with a little "golden"—or zinc—ointment on going to bed. It prevents the lids from sticking together during sleep and allays irritation.

**ST. VITUS' DANCE.**—Characterised by purposeless twitchings of the muscles, such as the shoulder, head, face, or arm. It may become so bad that the child cannot stand, and, if lying down, the bed must be padded to prevent his meeting with injury.

**TEETHING.**—Under natural conditions there should be no constitutional disturbances during the period of teething. If the mother is well, living an even hygienic life, her nursing babe should experience no suffering during early dentition. And if the child is fed with regularity, has plenty of food and fresh air, the later dentition should cause no disturbance to the system. But if the body is not kept in wholesome condition almost any disorder may be fastened upon the child, the most common being of nervous, or of digestive origin. Feverish conditions are also easily generated. But there is no single cause so prolific in fatality as the belief that teething is the cause of serious illness. When this explanation suffices the real cause of the illness is overlooked.



## COMMON COMPLAINTS OF CHILDREN AND THEIR REMEDIES.

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There is usually some irritation of the gums when the teeth are growing. Let the gums be frequently bathed in cool water. Allow the child to have a small, firm, clean piece of white cloth dampened in cool water to pull through his own toothless gums. Babes will always make strong efforts to gain relief. In addition to the irritation there is sometimes inflammation; often to such an extent that little ulcers are formed. These can be distinguished from thrush by the absence of any fungus growth. Indeed it is rare that thrush is to be seen after time for teething. Should the ulcers occur the application of glycerine of borax is excellent to apply to the gums twice daily. Lemon juice rubbed gently over the swollen gum is also excellent to relieve irritation. Lancing is not often needed.

For a general nervousness, the tepid bath night and morning is an excellent sedative. Given just before putting the babe to bed, it is almost certain to insure a quiet night.

A spasmodic attack known as "child-crowing" comes on during dentition, sometimes. Usually there are preliminary symptoms in the form of a peculiar croaking in the breathing for days previous; again the spasm may occur without warning. Certain muscles connected with breathing are arrested in their movements. The child becomes suddenly stiff, throws its head backwards with staring eyes and an alarmed expression; the blood receding, the face becomes pale, then livid. Attacks of this nature, if severe, are attended with danger of sudden death.

What is to be done must be done quickly. Apply a cloth wrung from hot water to the throat; hold a stimulant to the nostrils; as camphor, ammonia. If these are not effectual get the child into hot water as soon as possible. As the spasm passes off the breath is drawn with a crowing or hissing sound.

GENERAL CONVULSIONS differ from child-crowing in there being spasmodic action of the voluntary muscles. The attacks are sudden; the child is observed to be suddenly stiff, hands clenched and breathing arrested temporarily; after a few seconds there are convulsive movements of legs, arms and face; the mouth is moved irregularly, the face is twitched in different directions; the eyes roll from side to side, the eye-lids wide open; arms and legs twitch in a marked manner, the convulsive movements extending



to fingers and toes. If the attack is due to the irritation of teething it will be of short duration. There are many causes for this disorder.

The best treatment for immediate use is the hot full bath. If water is at hand, fill the bath-pan and place the child in without removing the clothing. Let it remain for five or ten minutes, then wrap up warmly and administer an enema of warm water. Often this is sufficient to produce a complete relaxation.

If the convulsion occurs shortly after eating it would suggest something indigestible in the stomach, and vomiting should be induced as soon as the child is able to swallow. If possible, tickling the throat with a finger is a good method. Frequent recurrences of this disorder suggest some serious cause for the attack. Place the child at once in the care of a reliable medical practitioner.

**THRUSH.**—It is chiefly in weak and badly-nourished children that this is seen. Children fed by hand are more prone to it than those fed from the breast. The milk-white patches upon the lining of the lips and upon the tongue and gums are quite characteristic. It is due to the growth of an organism of vegetable nature, which is easily destroyed by carefully washing out the mouth, and painting the spots with borax and honey by means of a feather. If the child is fed by hand, there will probably be diarrhoea accompanying it. A change of food is indicated.

**WHOOPIING COUGH.**—This well-known malady needs little description; to hear is to learn. The characteristic "whoop" at the end of the cough tells everything. It is chiefly a disease of childhood, and one attack protects from a second. It is infectious. The suddenness with which the coughing fit comes on, the persistency of it even until the child is blue in the face, presenting a depressing spectacle, and yet the indifference with which it seems to treat it, returning again to its play immediately the cough is over, are all facts observed by everyone who has any knowledge of whooping cough. The cough occurs both day and night, in bed or out, so that it is useless to keep the child in bed. The duration is variable, and the old idea of its lasting until November if it occur in summer, and until March if it occur in winter, is erroneous. The attacks gradually get less frequent until they cease altogether; but it is not safe to say the child is free until six weeks have



elapsed since the last "whoop."

**TREATMENT.**—For ordinary cases confinement indoors is not necessary.

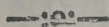
The following is excellent to relieve the cough:

Take one lemon and slice thin; add half-pint flaxseed, two ounces of honey, one quart water.

Put on the stove and let simmer for four hours, but not boil. When cool, strain and add water enough to make a pint of liquid. Give a tablespoonful four times daily, and also after each severe paroxysm of the cough. It helps in the majority of cases, especially where care is used to perfect sanitation and to keeping the bowels open.

Complications most likely to occur in whooping-cough are inflammation of the lungs, including bronchitis, convulsions and bleeding at the nose.

To arrest excessive bleeding at the nose, let the child lie flat upon the back with head elevated. Apply cold water or ice to the forehead. In obstinate cases powder of gum Arabic blown into the nostrils with a quill will stop the discharge.



## CHAPTER VIII.

### LIMITATION OF FAMILIES ETC.

There are usually three reasons why women do not want large families—first, because of the pains of child-bearing; second, because of the expense of children; third, because of an unaccountable but natural dislike of children.

To imagine that a man and woman would live together and occupy the same bed without exercising marital relations would be absurd.

There are, of course, instances in which the marriage has never been consummated—in other words, where the wife has remained a virgin; but these are very rare indeed. Probably not one woman in 5,000 has occupied the nuptial couch without full submission to the desires of her husband. The isolated cases are those of couples one of whom is afflicted with some serious deformity or, on the other hand, is undeveloped in the pro-creative organs.

In the case of a highly-moral young man who marries an innocent girl the defect would probably never be discovered.



A very large number of young women even in these advanced days have no idea of the relative functions and desires of husbands and wives ; and if their experience of the marriage bed is of a purely negative character they are not disappointed, because, knowing nothing of the subject even in theory, they do not expect any treatment different to that which they receive, whatever it may be, and even without the consummation of the marriage they are perfectly satisfied, as they think matters are all right.

With such exceptionally-placed women this chapter has nothing whatever to do. They are perfectly content with unfruitfulness, though they remain ignorant of the real cause, and are themselves perfectly able to propagate their species.

Nor does the morality of the prevention of conception touch the question at all. The fact has to be regarded that these measures are taken in all classes—especially amongst the aristocracy, to whom children are a hindrance to the full enjoyment of those external pleasures which go to make up the world of fashion.

Most women conceive at any period of the month. It is a common belief that they are free from liability during a few days before menstruation and a few days (say nine or ten) afterwards. This belief is altogether illusory.

In a great proportion of cases sexual connection is practised up to the point of coition, and the man's organ is suddenly withdrawn. This system is exceedingly risky. One particle the size of a pin's head left in the fallopian tube, or vagina, is sufficient to impregnate.

But this custom is very reprehensible. Where the practice is pursued for any length of time, the nervous system often becomes greatly impaired, especially in the man. Apart from this contingency, however, it is to be discommended.

We strongly recommend the use of Wife's Friend Soluble Pessaries (Price 2/- doz.) as being harmless and effectual in preventing conception. The use of these pessaries is not at all repulsive to the most refined and delicate feelings, and they possess distinct advantages when compared with most of the other preventive checks. There is nothing in these Pessaries to cause any irritation to either sex, and



## LIMITATION OF FAMILIES, ETC.

their continued use is perfectly harmless. We consider these pessaries to be thoroughly reliable, and that they can always be trusted to prevent conception. The public, should be on their guard against the numerous imitations of these pessaries, offered by unscrupulous persons regardless of consequences.

We can only recommend those of our own make, which we guarantee reliable.

**The Special Appliance** invented by Mde. DORSAN in 1876, is when properly adjusted, all that any woman can require as a preventive check. This is certainly the best means in the long run, and every woman who is satisfied that enough children have fallen to her share, or who, acting under medical advice, is anxious to prevent further increase, should try this means of prevention. When the appliance is properly inserted there is nothing to cause the slightest inconvenience to either sex. It is easy to fix, comfortable to wear, and perfectly safe. This is rather more expensive than most preventives, but is well worth the extra money. Price 10s., Post free.

Immediately after intercourse a woman may use an injection with a patent Vertical and reverse current Seamless Syringe Prices 2/6, 4/-, and 5/- each according to quality. When it is decided to use a Syringe a reliable injection can be made by using Dr. Allbutt's Quinine Powders. One of these powders, dissolved in a pint of tepid water, can be kept in a stoppered bottle ready for use. Water alone should not be used as it is rarely successful. Those who prefer the Syringe method and who can afford the best should obtain either the Vonda, price 21/-, or the Marvel Whirling Spray, price 15/-. The action of these is double-alternate Douche and Suction, the Suction removing all foreign matter from the Vagina and neck of the womb. The Marvel can also be kept filled ready for use. The sponge method of prevention is successfully practised by some married couples, but cannot be recommended alone. In fact, only properly medicated Viennese sponges should be used, and as an extra safeguard these must be smeared with the Quinine Compound sold for that purpose. Price 1/1 and 2/1 per box.

The Reliable and Paragon Sheaths are at once perfectly



safe and harmless, they are made from the finest cut sheet Indiarubber and will last for a long time. To those who cannot afford the ordinary letters these will be indeed a boon. Prices, 3s. and 5s. each.

In the Combined Pessary and Sheath (made of same material as above) we have a grand combination, as they can be used either as a Sheath or Pessary. Prices, 3s. 6d. and 5s. each.

Of all the checks existant, however, there is none that can be better recommended than the Malthus Shield or "Letter." The materials of which letters are composed are two, the first and most convenient being India-rubber (American) and the other skin (French). To properly use these latter they should be wetted and drawn on (like putting on a sock). Care should be taken to leave them loose at the closed end.

The American (India-rubber, rolled) is the favourite by a long way, being almost universally used. They do not require wetting, and are simply unrolled on the male member, care being taken to leave them loose at the closed end, as with the other variety. Our American letters are the outcome of the latest medical research, and are the product of the highest mechanical and manufacturing skill available in the world. Care should be taken that the letters are not injured by the finger nails when removing the paper covering. For this reason we also supply them in circular form in envelopes. Price, 3s., 4s., and 6s. doz.

By Dr. Allbutt the American letter is specially recommended. They are rolled up in so small a compass that they can readily and secretly be carried about in pocket book or cigar case without the danger of becoming creased, broken, or torn. A recent introduction is found in the Teat-end Letter. The closed end is of thicker material than the body of the article, and provides a receptacle for the discharge. These are a very safe and efficient protection against disease, also a good preventive.

The Seamless Washable Sheath is also a late invention. They are remarkably fine in texture, and can be washed and preserved for future use.

We shall be pleased to forward a sheet of illustrations of the most reliable and up-to-date articles for prevention of conception, to any married lady, on receipt of addressed envelope. DORSAN & Co., Manufacturers, West Norwood,



CHAPTER IX.

A SPECIAL CHAPTER FOR YOUNG WOMEN.

(ON MARRIAGE).

Advice upon the subject is very much needed. I am assured that it is a subject not often talked of in families—at least as it ought to be; nor is it much alluded to in the pulpit, and the result is that young people commonly get their notions about it from those only a little older than themselves, and who therefore know but little more than they do; or from those who form their opinions from the abuse they see of it, and so hold degrading and unworthy ideas respecting it. Sometimes all that is known about it amounts to this—that it is a delightful thing to be married.

It is quite true that it often is, and always ought to be, delightful; still, you know, it is frequently quite the reverse. You cannot then be too cautious in the matter.

Nothing can be more orderly, right, proper, and holy than marriage. It is not, however, quite so simple an affair as you may fancy. Every good thing—and this is one of the best—requires some effort to obtain it; and unless you take the right course you must not expect to succeed.

You may often see a young woman who, from not entertaining correct views on the point, is certainly taking a wrong course; her endeavours being rather to make what she considers a good match, than by acquiring kind and orderly habits, to qualify herself to become worthy of a worthy husband.

That the best things are liable to the greatest abuses is notorious; and from the lamentable fact that marriage is often abused, we may fairly infer its pre-eminent worth. In truth there is nothing more valuable. It is then highly injurious to entertain low notions respecting it; and men who indulge in loose conversation on the subject are likely, at the same time, to think meanly of women. Beware of them; and if you hear them expressing such opinions in your presence, withdraw from them at once as unworthy of your company. Never fear but they will respect you the more for the rebuke.

Of course you are looking forward to settle happily, and will do your best for that purpose. On this let me remark



that all happiness—that is, all that is genuine, and therefore worthy of the name—comes from connection with the One great source of all good; and He has freely and fully provided all the means necessary for our being happy, both here and hereafter. He has placed each of us, where it is best for us to be, and in the circumstances that are best for us at the time; and this applies to you and to me now. However much appearances may be to the contrary, He cares as much for each of us as if we were the sole objects of His care. It is only by doing our duty, in humble dependence on His assistance, which He never withholds, that we can be happy. It behoves you then to consider well what is your duty, in order that you may do it, and may enjoy the blessings He is so ready to bestow. I hope you have been a loving and dutiful daughter, an affectionate sister and a faithful friend; then you may have good ground of hope for the future.

When a prospect of marriage occurs, you cannot do better than consult your mother, aunt, or other discreet relative that has your welfare at heart, from whom you may reasonably expect the best and most disinterested advice; and this it will be well for you to be guided by. Women of mature years can judge far better than you whether a man is likely to make a good husband. You should likewise quietly and cautiously make your own observations among your married acquaintance, especially where you believe there is a comfortable and happy home. You will doubtless find that, to a very great extent, this happy home depends on the wife's management and economy. Very often it happens that, where two husbands have the same income, with the same number of children, there will be comfort in the one home, and discomfort in the other. Now, there must be a reason for this; and you should endeavour to find it out, and profit by the lesson. It is said, "Cleanliness is next to godliness"; and truly, the value of cleanliness cannot be overrated. In point of time it should go before godliness; and the health of body and mind are greatly dependent on these two. Moreover, where can there be complete happiness without health?

One of the most prolific sources of matrimonial difficulties is the lack of knowledge on the part of wives of the duties of housekeeping. In these days there are a hundred young ladies who can drum on the piano to one who can make a



good loaf of bread. Yet a hungry husband cares more for a good dinner than he does—as long as his appetite is unappeased—to listen to the music of the spheres. Heavy bread has made many heavy hearts, given rise to dyspepsia—horrid dyspepsia—and its herd of accompanying torments. Girls who desire that their husbands should be amiable and kind should learn how to make good bread. When a young man is courting, he can live well at home; or, if he has to go a distance to pay his addresses, he usually obtains good meals at a hotel or an eating house; but when he is married and gets to housekeeping his wife assumes the functions of his mother, or his landlord, and it is fortunate for her if she has been educated so as to know what a good table is. Those who are entirely dependent upon hired cooks, make a very poor show at housekeeping. The stomach performs a very important part in the economy of humanity, and wives who are forgetful of this fact commit a serious mistake.

You know full well that most young men—and young women, too—are desirous of marrying and having a family; but they do not sufficiently consider that it is God who gives them this desire, and that for the wisest of purposes; not only that this world may be peopled, but also that its inhabitants may be prepared for heaven.

Nothing is more certain than that marriage affords the fairest opportunities for preparing for a better world. In it we have others dearer than ourselves to think about and provide for; and in doing so, we have often to practice that very useful virtue—self-denial. Let me here impress upon you most deeply, that it is only by making others happy that we can become happy ourselves. The angels, we may be assured, are happy, because they are always actively good; and for a similar reason it is that God Himself is infinitely happy. If you try to secure your own happiness by any other means than a faithful discharge of your duty to God and your neighbour, you will certainly and deservedly fail.

I daresay you find that young men are fond of your company and of paying you every polite attention, and you, as a right-minded woman, are well pleased to be so treated. It is due to you as a woman. Now, each of them is—or ought to be—looking out for a wife; and it is well that you should know this. It is, too, more important than you



perhaps are aware, that you should be carefully making your own observations, so that, when the time arrives for one of them to ask you to become his wife, you may not be taken by surprise, but may know how to act on the occasion.

Let me here caution you against a failing that is common among young women; I mean that, of making themselves too cheap. They feel flattered by the attentions paid to them, and are not sufficiently aware that many young men are fond of indulging in flattery; and such, if they find a young woman weak enough to be pleased with it, will perhaps play upon her feelings, and gain her affections, without having any honourable intentions towards her.

As a protection against such, I recommend you to have a proper respect for yourself, and to consider with what object or purpose you receive their attentions. If you respond without an object you may be doing them wrong; if you accept them when they have no right intentions you allow them to wrong you. For this purpose consider well what you are—a human being intended for an eternity of bliss. God has made you a woman; and believe me, as there is no fairer so there is no nobler creature than woman. She is formed to be her husband's help-mate and the mother of his children, and the all-important work of training these for heaven depends mainly upon her. Great, then, is her responsibility; but God has given her the requisite love and power to do her duty with satisfaction and delight. He has placed you in this beautiful world that by doing your duty as a daughter, sister, wife, mother and friend, you may become fitted to enter His heavenly kingdom.

During your courtship let me entreat you to be very careful and circumspect. There is no period in life that can compare with this delightful season. It is, or should be, full of sunshine and sparkling with the poetry of life; but alas! to many it is the opposite. A want of judgment—a momentary indiscretion, has not only blotted out this beautiful spring-time of life, but has marred, darkened, and blighted the whole of the after lifetime.

No maiden can, under any circumstance, place her character in the hands of any man before marriage. No matter how sincere the love, how ardent the protestations, how earnest or plausible the pleadings, you must not, you cannot surrender your honour. You must preserve your prudence and virtue; it is only by the possession of these that you



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can keep the love and respect of your lover. Be firm, be circumspect, a rash word or a false step may extinguish forever all your bright hopes and prospective joys. Even should your lover redeem his promises and take you to be his wife, this indiscretion or crime will surely hang over you like a curse, creating discord, trouble and sorrow, the greatest portion of which will fall to your share.

You must know that young men, however amiable, worthy or honourable they may be, may in a moment of intense excitement commit a sin, that in their calmer moments they would not be guilty of for worlds.

But under all circumstances you will be looked upon to resist any advantages and maintain your purity and virtue. No matter how high the tide of passion may run in unguarded moments and set in against heaven and against society, the terrible and painful ebb will surely follow and leave you stranded forever on the bleak and barren shore of your earthly existence.

There is no state of life more honourable, useful and happy, than that of a wife and mother. There must and ever will be inequalities of station, but happiness is equally attainable in them all. To be happy, however, you must be good; of course, I do not mean absolutely good; for "there is none good but One"; but I mean that you should be relatively good, and should aim at becoming better and more innocent as you advance in life. Now you cannot respect yourself unless you know that you are worthy of respect; and if you do not respect yourself, you cannot expect that anybody else will; and in such case you will not be worthy of the love of any good man, and none such will be likely to pay court to you. If, however, you take the right means, in which I include prayer for divine guidance, you will have the respect and friendship of all your acquaintances; and then in God's own time, and, let me add without your seeking it, the man whom you can make happy, and who can make you happy, will present himself and propose to make you his wife, if it be God's will that you should become one.

Here are two very important points for your consideration; first, that it should be your constant endeavour to make your husband happy; and second, that, before you consent to marry him, you should ascertain that he has those qualifications that will secure your happiness. It most nearly concerns yourself that you do your duty to



God and your neighbour at all times, so that it becomes your habit; and you will find it much easier, and safer, too, to do it every day rather than only on particular occasions; for this would require a special effort, and for the time, perhaps, put you into a state of excitement, which, in all probability, would be succeeded by a depression of spirits. What you should rather aim at is a uniformly cheerful state of mind resulting from a conscious and confident dependence on Providence. If your husband knows from experience that such is your character he cannot fail, provided he is worthy of you, to be content and happy.

It is the nature of young women to be affectionate and it is pleasant and usual for them to have several dear friends enjoying more or less of their confidence. Among these may be included some of their male acquaintances. Now, while they may esteem each of these as they would a dear cousin, they should know and act upon the knowledge, that it is only to one they can give their unlimited confidence and undivided affection as a wife. It is the height of cruelty and wickedness for either a man or a woman to trifle with another's affection. Such base conduct has cost many a young woman her health and peace, and even her life, and cannot therefore be too much deprecated and avoided.

Let me then advise you to be very cautious before you allow a young man to pay you such marked attentions as may lead to marriage. It is not, you know, to terminate in seven years, like an apprenticeship or a commercial partnership, but it is an engagement for the life of one of the parties. I want you then to profit by the experience of others, too many of whom enter into marriage from light and low considerations; and not to settle in life till you, and also your friends, see that there is a reasonable prospect of your securing happiness as well as comfort and a respectable position.

When a young woman has property or expects it, or is possessed of superior personal attractions, she should be especially prudent in her conduct towards the numerous admirers which such qualifications usually attract. No woman should allow herself to accept the attentions of any man who does not possess those sterling qualities which will command her respect, or whose love is directed to her



fortune or beauty rather than herself. On such a one she can place no reliance ; for, should illness or misfortune overtake her, she may find herself deprived of that love which she had valued as the great treasure of her life. Possessed of this she feels that earthly riches are but of secondary importance, and that the want of them can never make her poor.

Moreover, a worthier man than any of her interested suitors may have a sincere respect and affection for her, but be kept in the background by the over-zealous attention of his rivals. Still if she has sufficient self-command to patiently and calmly investigate their general private character, she may find reason to decline their suit, and may discover that the more modest and retiring youth is the one that is deserving of her love.

While on this subject, let me caution you against the foolish affection which some girls practise in order to attract the attention of young men. In their company be natural in your manners, open and friendly and ready to converse on general subjects; not appearing to expect that every one who pays you the ordinary courtesies of society is going to fall in love with you. This mode of behaviour, which is more common with those who are vain of their beauty than with others, frequently leads to such young women being more neglected than their less pretending sisters; for prudent young men, who are impressed with the necessity of a right decision in the all-important step of marriage, instinctively shrink from those who seem unwilling to give them a fair opportunity of judging whether their hearts and minds are as attractive as their persons.

You may innocently admire many a young man for the noble qualities God has bestowed upon him without at all entertaining the idea either that he would make you happy as his wife, or you him as your husband. Thank God, we are constituted of such different temperaments that all may find suitable partners without clashing with others' tastes, if they will only be content to watch and wait.

It is the part of a young man to watch, to be actively desirous of meeting with a suitable partner. In doing this, his first consideration should be to seek for such a one as he can make happy; not to look primarily for beauty, fortune, wit, or accomplishments—things all very good in



themselves, but by no means constituting the essentials of happiness. If he is influenced by pure and simple motives, he will not find or expect to find, more than one that can satisfy his desire; and he will not be in much danger of exciting the envy or the rivalry of his companions.

On the other hand, it is becoming in a young woman to wait patiently, till, from the assiduous and respectful attentions of a young man, she can have no doubt that he is in earnest; when, and not before, she may freely give him her company, and with every expectation of a happy result. Be assured that no sensible young man is ever attracted by a young woman whom he sees on the lookout for a lover; he is more likely to think meanly of her, and to avoid her society.

It may however, happen that a young man makes the offer before the young woman knows enough of him for it to be right for her to accept it, and before he, on his part, ought to take the step. In such cases it would be well for her, even supposing she is inclined to like him, to tell him that he has taken her by surprise, and that she cannot think of entering on so important a subject without consulting her friends, to whom she accordingly refers him. It would then become her duty to intimate to him that although his attentions are agreeable to them, he must wait awhile, till from further acquaintance, they are enabled to judge whether it will conduce to the mutual happiness of their daughter and himself for her to accept the offer he has so kindly made.

But it is not only young men who are apt to be hasty in these matters; it is, as is well-known, not uncommon for parents, especially mothers, very soon after a young man has begun to pay attention to their daughter, to give him to understand that they wish to know his intentions in reference to her. By such proceedings a young man may be taken aback, and either hurry into a match which turns out unhappily, or be led to withdraw from a union which might have resulted in the happiness of all the parties concerned.

That your parents should wish you to be married is only natural, especially if their own marriage has been a happy one. It will be gratifying to them to see a worthy young man paying attention to you, and most probably, they will let things take their own course. Marriage is too important



a matter to admit of being hastened.

There are, I am aware, unwise parents who, from various motives, will throw obstacles in the way of young people who are desirous of coming together. Some are so selfish as to be unwilling to part with their daughter, preferring their own happiness to hers. Others are so silly as to think no ordinary man good enough for her, and therefore, if they had their own way, would leave her to become an old maid. Fortunately, such short-sighted people are not unfrequently outwitted.

If your parents are—as I hope they are—reasonable in their views and expectations, one of the chief concerns of their life will be the promotion of your happiness; and it behoves you to pay the utmost deference to their opinion; and should they from circumstances they become aware of, deem it advisable that you should either postpone or even break off an engagement, they will, doubtless, give you such weighty reasons as will justify you in acting on their advice. Where however, as sometimes happens, they unwisely refuse their consent to their child's marriage, at a time when she well knows, from her own feelings, and also from the sanction she receives from the opinion of trustworthy and judicious friends, that she would be making a real sacrifice were she to comply with their wishes—if, I say, under such circumstances, she acts disobediently and marries the man she loves, more blame attaches to the parents than to herself; and the sooner they forgive her the better.

It is very common for young men, when going into the company of young women, together with their best dress, to put on their best behaviour; in fact, to assume a character which is not their natural one, but far superior to it. Some hold the opinion that "All is fair in love and war." To me it appears there cannot be greater folly and wickedness than for young people who are thinking of marrying to attempt to deceive each other. What is the good of it? A very short period of married life will entirely dispel the illusion. I suppose people of the world may think it fair to over-reach one another in their dealings, saying "Every-one for himself." They have no intention of seeking to promote the others happiness; present gain is all they want. But a married pair, to be happy, must respect and esteem, as well as love, each other; and this cannot be



attained except by the constant endeavour to be, as well, as to appear true and good.

That young men should behave well in the presence of women is only natural and right. None but a fool would do otherwise. But you, long before thinking of marrying, should take all fair means to learn what are the general conduct and habits of your male acquaintance, in their family circle and with their daily connections. Are they good-humoured and kind—able to bear the troubles they meet with? Are they industrious, frugal, temperate, religious, chaste? Have they had the prudence to insure against sickness and death? Or, on the other hand, are they addicted to drinking, smoking, betting, keeping late hours, frequenting casinos, etc? Your mother and other prudent friends will assist you to find this out. Those who do not come up to the proper standard, however agreeable they may be as acquaintances, certainly cannot make good husbands. In company of such, it behoves you to be well on your guard, and except no intentions from them. Should you marry such a one, you would be sure to be miserable.

While, however, it is, quite right that you should be careful about the character of the young man who is paying court to you, it is of far more importance to you that you should be careful about your own, and this whether you marry or not. Indeed, a chief object in our being placed in this world is that we may acquire good habits, and so be fitted to associate with "the just made perfect in heaven."

Be very guarded in your actions and demeanour. Cultivate purity of heart and thought. No woman is fit to become a wife who is not perfectly modest in word, deed and thought. No young man, who is worth having, would ever entertain the thought for a moment of taking the girl for a wife who is habitually careless in her conversation and displays a levity in her manners. Young men may like your free and hearty girls to laugh and talk with, but as to taking one for a wife, let me assure you they would not tolerate the idea for a moment.

You may at times be unavoidably compelled to hear a vulgar word spoken, or an indelicate allusion made; in every instance maintain a rigid insensibility. It is not enough that you cast down your eyes or turn your head, you must act as if you did not hear it; appear as if you did not comprehend it. You ought to receive no more impression



from remarks or allusions of this character than a block of wood. Unless you maintain this standing, and preserve this high-toned purity of manner, you will be greatly depreciated in the opinion of all men whose opinion is worth having, and you deprive yourself of much influence and respect which it is your privilege to possess and exert.

Courtship, after all, is a momentous matter. After taking all the counsel that may be offered you must at last, in a great measure, rely on your own judgment. Within a few short months you have to decide, from what you can see of a man, whether you will have him, in preference to your parents, friends, and all others that you know, to be a life companion. What can you do? How shall you judge? How arrive at a correct conclusion? My dear young girl, there is only One who can assist you. He in His mercy to your helplessness and weakness has given to every virtuous and pure-minded woman a wonderful, mysterious subtle instinct; a peculiar faculty that cannot be analysed by reason, a faculty that men do not possess, and one in which they do not generally believe. At this all important period, this eventful crisis in your life, this womanly instinct guides and saves you. You can feel in a moment the presence or influence of a base, sensual and unworthy nature. An electric-like thrill animates you, and you are naturally repulsed from him. When your suitor is a man of incongruous temper, ungenial habits, and of a morose and unsympathetic disposition, this same precious, divine instinct, acts, and the man feels, though he cannot tell why, that all his arts and aspirations are in vain; it will seldom be necessary for you to tell him verbally of his failure; but should such a one blindly insist upon intruding his attentions, do not hesitate to tell him kindly but firmly your decision. Should your suitor be one who is worthy, who will make you happy, this same blessed instinct will whisper in your soul the happy news. From the first interview there is frequently thrown around the maiden a peculiar, undefined spell; she will feel differently in his presence, and watch him with other eyes than she has for the rest of men, and in due time, when he shall ask her to decide upon the question which shall seal the temporal and eternal destiny of two human souls, she will gladly respond, giving in loving trustfulness that which is the most precious, the



most enviable thing on earth—a maiden's heart, a woman's love.

Many persons of both sexes, however amiable and pure their minds may be, should conscientiously abstain from marriage. This applies to all who have a tendency to consumption, scrofula, insanity or any other of those diseases which are so frequently transmitted to offspring. This very important matter is not sufficiently known, and therefore is not attended to as it ought to be; hence the great amount of sickness and early death among children.

The tendency to inherit qualities is very evident in the case of drunkards, whose children are often inclined to practise the vice of their parents. The children of the blind and of the deaf and dumb are also liable to be afflicted as their parents were. These facts go far to show that it is literally true that the sins of the fathers are visited upon the children. It is, however, gratifying to know—and there are many well-attested cases to prove it—that, whereas the children born to a man while he was addicted to drunkenness were similarly addicted to that vice, those born after he gave up his vicious indulgence, and by that means improved his bodily health, were free from the evil tendency.

One strong reason why near relations should not intermarry is that, as the same general tendencies prevail in families, where the parents are nearly related, they are very likely to have the same evil tendency whatever that may be; and, therefore, there is a great probability that their children will also have the same, but more strongly developed; and, consequently, the difficulty of their overcoming it will be much increased.

How plainly, then, is it the duty of those about to marry, as well as of those who are married, to strive to their utmost, with God's help, to overcome disorderly habits of every kind; for, be assured, it is only by such means they can hope to be blessed with good and healthy children, and thereby contribute to their own happiness, and at the same time to the improvement of the race, as subjects both of this world and of heaven.

As it is by no means certain that you will marry, and the time will come when it will no longer be convenient to your parents to support you, it will be good for you, keeping these contingencies in mind, to qualify yourself to earn your own maintenance by some honest industry. You will then



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have a right feeling of independence, and not be tempted to marry, as too many young women do, not from the true principle of sincere affection, but mainly for a living. They may thus obtain a competency, and jog on comfortably; but they have no right to expect that genuine happiness which I recommend you to aim at. When, too, you see so many left widows, with small families, and, as we say, totally unprovided for, you will become sensible of the soundness of the advice I am offering you. As the Lord's tender mercies are over all His works, it is evident from what is occurring around us, that trouble and adversity are better suited to the state of some people, to prepare them for their eternal destination, than any amount of prosperity would be. The poor are no less His children than the rich, and He cares equally, that is, infinitely, for them all. It is certainly wise, then, to be prepared to meet adversity, should He suffer it to come upon you.

Again, suppose you should not have any suitable offer of marriage, such as you would feel it your duty to accept, you are not, on that account, to be disheartened, and fancy yourself overlooked by Providence. Single life is evidently the best for some persons! they escape many troubles which, perhaps, they would find it very hard to bear. There are many ways in which single people can lead a useful life, and be as happy as the day is long. No one that is actively useful can be unhappy. What do you see around you? Many, I admit, who are not so happy as we should like them to be; but in most cases, if we could fully investigate the matter, it would perhaps be found that their unhappiness had arisen from their thinking too much about themselves, and not caring enough for others. But on the other hand, it not unfrequently happens when a woman is left, and sees that the support and welfare of herself and her children depend on her own exertions, she is enabled so successfully to put forth her energies, and to employ her talents—which, till she needed them, she hardly knew she possessed—as to surprise both herself and the most sanguine of her friends.

Now, it must be confessed that we are fallen creatures, and therefore prone to evil. We are consequently always in danger of going wrong, and forming bad habits; but our Heavenly Father watches over us at all times, and gives us power "to refuse the evil and choose the good." We are, I know



full well, too much inclined to yield to evil influences; still as we always have divine aid if we implore it, I am not sure that, on the whole, it is not as easy to acquire good habits as bad ones. This much is certain, that whichever we acquire—good or bad—they are likely to remain with us, and are not easily to be got rid of.

Among the subjects deserving attention, as affecting our happiness, is one on which, perhaps, I am not entitled to say much. I refer to dress. Now, I hold it to be a duty for people to dress well, that is, according to their position, means, and age; and this not so much for their own sakes as for the sake of giving pleasure to others. It is, I admit, difficult to determine how much of one's income should be devoted to dress; but I think few will deny that, at present, dress occupies too much time, attention, and money. For my own part, I confess, I am most affected by female dress; and although certainly I like to see women well dressed, and would rather see them a little too fine than slovenly, I am often pained at witnessing the extravagance, and, to me, ridiculous taste exhibited. Whenever I see a handsome and expensive dress trailing in the dirt, I regard it as culpable waste, and in bad taste; and when I see it accidentally trodden on, I am not sorry. I am inclined to believe that many women can hardly find time or opportunity to perform any useful duty; they have quite as much as they, poor things, can do to take care of their dress. I also believe—and this is the serious part of the matter—that many a young man is deterred from soliciting a maiden in marriage, by knowing that his means would not enable him to let her dress as he is accustomed to see her; and this is doubtless one of the many reasons why so many of both sexes remain unmarried. I hold, too, that whatever forms an obstacle to marriage has a tendency, at the same time, to obstruct the entrance to heaven.

I will now allude to some of the duties which will devolve upon you as a wife; and recollect that it is on the faithful discharge of these duties that your happiness, here and hereafter, mainly depends. All labour is honourable, and you know who it is that says, "My Father worketh hitherto, and I work." Being married, you must make your husband feel, "There is no place like home." His business will probably take him from home most of the day; and it should be your care—as I doubt not it will be your delight



—to see to his comfort, both before he starts and when he returns. It may sometimes happen, in his fighting the battle of life, that he has to encounter much that is unpleasant, and he may return home depressed. You will then have to cheer him; and be assured, no one can do it so effectually, so pleasantly, aye, and so easily, as yourself.

It is not to sweep the house, and make the bed, and darn the socks, and cook the meals, chiefly, that a man wants a wife. If this is all he needs, hired help can do it cheaper than a wife. If this is all, when a young man calls to see a young lady, send him into the pantry to taste the bread and cake she has made. Send him to inspect the needlework and bed-making; or put a broom into her hands and send him to witness its use. Such things are important, and the wise young man will quietly look after them. But what a true man most wants of a true wife is her companionship, sympathy, courage, and love. The way of life has many dreary places in it, and a man needs a companion to go with him. A man is sometimes overtaken with misfortune! he meets with failure and defeat; trials and temptations beset him; and he needs one to stand by and sympathise. He has some stern battles to fight with poverty, with enemies, and with sin; and he needs a woman that, while he puts his arm around her and feels that he has something to fight for, will help him fight; that will put her lips to his ear and whisper words of counsel, and her hands to his heart and impart new inspirations. All through life—through storm and through sunshine, conflict and victory, and through adverse and favouring winds—man needs a woman's love. The heart yearns for it. A sister's or a mother's love will hardly supply the need. Yet many seek for nothing further than success in housework. Justly enough, half of these get nothing more! the other half, surprised beyond measure, have got more than they sought. Their wives surprise them by bringing a nobler idea of marriage, and disclosing a treasury of courage, sympathy, and love.

And I would here caution you against giving way to little misunderstandings in early married life. Sometimes trifling matters, for want of some forbearance or concession on one side or the other, perhaps on both sides, accumulate into serious results. These differences might be avoided by married partners studying each other's peculiarities of character, with the aim of mutually correcting, in a kindly



spirit, any wrong tendency or temper which may sometimes show itself. Should you find you have inadvertently given pain or uneasiness to your husband, do not rest until you have ascertained the cause of his disquiet, and succeed in allaying the unhappy feeling. The earnest desire to please each other should by no means terminate on the wedding day, but as studiously be continued through married life. Each should always endeavour to think the best of the other, and instantly reject every thought that might tend to weaken the bond of mutual preference and perfect trust.

If he be wise, he will leave the housekeeping entirely to you; his time and attention can be better employed elsewhere. To enable you to do this wisely, you should, long before you marry, become familiar with the quality and prices of articles of consumption, and where they can be best obtained. Every wife should be able to cook well, whether she has to do it herself or not. Health and good humour greatly depend upon the foods being of good quality, well cooked, and nicely served up. She should also be able, if needful, to make and mend her own and children's clothes.

Too much importance cannot be attached to cleanliness. Men may be careless as to their own personal appearance, and may, from the nature of their business, be negligent in their dress, but they dislike to see any disregard in the dress and appearance of their wives. Nothing so depresses a man and makes him dislike and neglect his home as to have a wife who is slovenly in her dress and unclean in her habits. Beauty of face and form will not compensate for these defects; the charm of purity and cleanliness never ends but with life itself. These are matters that do not involve any great labour or expense. The use of the bath, and the simplest fabrics, shaped by your own supple fingers, will be all that is necessary. These attractions will act like a magnet upon your husband. Never fear that there will be any influence strong enough to take him from your side.

An experience of many years of observation has convinced me that where a pure, industrious, and cheerful wife meets her husband with a bright smile on the threshold of her dwelling, that man will never leave her home for any other place.



## A SPECIAL CHAPTER FOR YOUNG WOMEN.

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As all people are liable to illness, every young woman should aim at being an efficient nurse. In case of illness, it is now generally admitted that good nursing is of more value than medicine. To a sick husband, a little gruel or other trifle prepared and given by a wife's own hand will confer much more benefit than if prepared and given by another. Should it happen to you to fall ill, you may expect your husband will do his best; but you must not be surprised if he is not your equal in that department. Nursing is one of the many useful things which women can do better than men. A practical knowledge of nursing will enable you to be useful beyond your own family, and will enhance your value as a neighbour.

You have often, I trust, experienced the pleasure of serving others from disinterested motives, and found that the pleasure has been deeper and purer when you have engaged in doing good to those who could not make any return. This you have found to be the case whenever you have had charge of a baby—one of those little ones whom the Lord says: "Their angels do always behold the face of my Father who is in Heaven." You have perhaps been surprised to find how easy it was to perform such a duty; and let me assure you that you may always expect to find it easy to perform your duty in that state of life to which it shall please God to call you. He never requires anything from any of His creatures beyond what he gives them power to do. He is no hard task master. You have only to look to Him, and do your best, and then you may safely leave the result in his hands. Our Lord, you know, says, "My yoke is easy, and my burden is light."

Of all God's creatures, I know no happier one than a young mother with a good husband and a healthy baby. I say a healthy baby, for that implies healthy parents, especially a healthy mother. She may justly feel proud that God has intrusted a young immortal to her care, and she should at all times bear in mind that it is His gift. While it is on all hands considered honourable to hold a commission from the King, and to fill a high office, contributing to the welfare of many people, a mother may feel her office, at least, as honourable, seeing she has entrusted to her the rearing and training of an immortal being, and that she holds her commission direct from the King of Kings. For, recollect, it is only by God's blessing that she



becomes a mother; for such is the present state of society that many very worthy married people have not the privilege of offspring, although they are intensely fond of children, and seem to have no other earthly want. They may nevertheless be very useful, and, therefore, happy in a different sphere, by the adoption of nephews and nieces, or in some similar way.

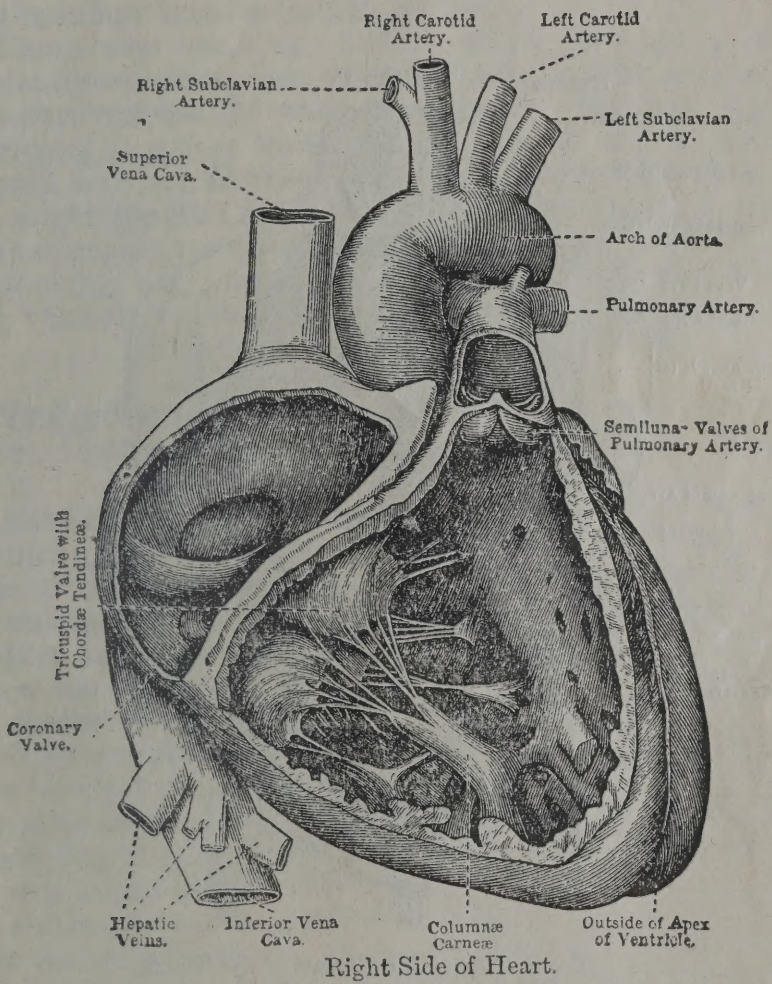
At the birth of her first child, there is opened in the mother's heart a new well of love, such as she had not known before; and although she may fancy that this is all spent upon her babe, it not so; for she loves her God, her husband, and everybody else better than ever. The father, too, is similarly affected; he also has a warmer love for his wife and for all his connections.

A similar idea is well expressed by Mohler, a German writer, who says:—"The power of selfishness, which is inwoven with our whole being, is altogether broken by marriage; and by degrees, love, becoming more and more pure, takes its place. When a man marries, he gives himself up entirely to another being; in this affair of life he first goes out of himself, and inflicts the first deadly wound on his egotism. By every child with which his marriage is blessed, Nature renews the same attack on his self-hood; causes him to live less for himself and more—even without being distinctly conscious of it—for others; his heart expands in proportion as the claimants upon it increase; and, bursting the bonds of its former narrow exclusiveness, it eventually extends its sympathies to all around."

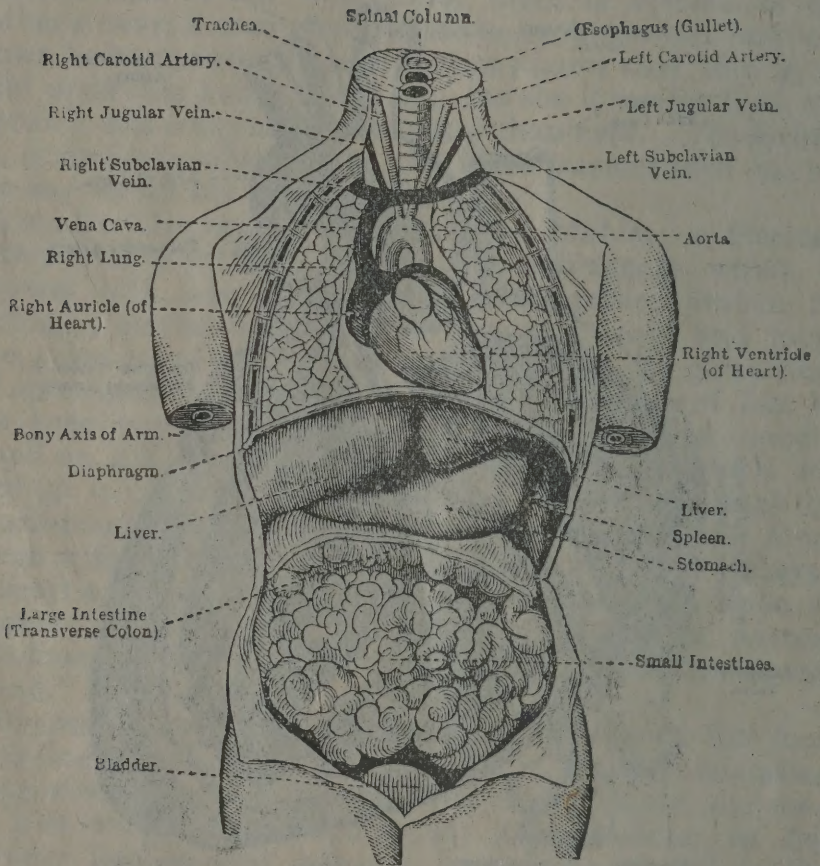
Whenever a mother is supplying her baby with the food which God has so wisely provided for it, or is ministering to any other of its numerous and increasing wants, she may feel that everything she does for it is pleasing to her heavenly Father, and has its immediate reward in the delight she experiences in the act.

I can fancy that, when a mother has washed her baby, and, before she dresses it, has a good romp with it, smothering it with kisses, calling it all the beauties and darlings and pets and jewels she can think of, and talking any amount of nonsense at the top of her voice—the baby all the while cooing, chirping, or even screaming with delight; at such a time, I say, I can easily fancy that the angels are looking on approvingly and enjoying the scene. And why









Front view of the Organs of the Trunk.



not? "Of such is the Kingdom of Heaven."

From the time that an infant first becomes conscious of its wants, and long afterward, it looks to its mother to supply them all, fully believing her able to do it. She is, in fact, in place of God to it; and it would be well for many of us if we trusted our heavenly Father as simply and as fully as the infant does its earthly mother.

Those who know no better, when they see a mother patiently watching her sleeping babe, might wonder that she does not feel the want of company. She has, however, company that they know not of, and of which even she herself may not be conscious. If only our eyes were open, we might see that she is not the only one that is so engaged—that angels are also occupied in watching the babe and in supporting her. I entirely agree with Dr. Watts, where, in his "Cradle Hymn," he makes the mother say—

Hush! my babe, lie still and slumber,

Holy angels guard thy bed!

You probably know the beautiful Irish superstition that, when a baby smiles in its sleep, the angels are whispering to it.

Before I become a father, I took little or no interest in babies; I rather thought them troublesome things. But the arrival of one of my own wrought a great change in me. It enlarged at once my views and my heart, and I had higher and stronger motives to exertion. My interest in them has not yet begun to weaken; and I have no reason to think it ever will.

Girls are differently constituted from boys. God makes the intellect predominate in males, and affection in females. Accordingly, a little girl early shows a love for a doll, regarding it quite as her baby, and never taking into account that it is not alive. She has many of a mother's cares and anxieties, as well as pleasures about it, indeed as many as she is then capable of. It is a constant source of amusement and employment to her. In all this we may plainly see the hand of Providence; it forms a suitable introduction to some of the interesting and important duties which will devolve on her if it should be His good pleasure for her to become a mother.

The other day I met a group of four or five little girls, the principal one, some nine years old, very carefully carrying a baby. On my saying to her, "You seem almost as



pleased as if it was your own baby," she gave me an innocent smile, and said—rather proudly, I thought—"It is my own, please sir." I took it she was the sister, and not a hired nurse.

You will, I dare say, readily see the object I now have in view, it is that I wish to impress on you how desirable it is that you should take every opportunity of becoming acquainted with the habits and wants of babies, and the best way of managing them. The more you have to do with them the more you will like the labour, and the easier and more delightful it will become. It is fair that, before you have children of your own, you should get your knowledge as to the management of them, by experience with other people's. I take it for granted you will at all times do your best for them. You will then have but little cause to fear accident; and if accident should happen—as with all your care it sometimes will—you will have more confidence in your powers, and will be more likely to do what is best at the moment, than if you were unused to children. Much of the disease and early death that happens among children arises from ignorance of the mothers; who, however, are much more to be pitied than blamed in the matter. They had never been properly taught their duties toward their future offspring.

Few mothers are, perhaps, sufficiently aware of the great influence which their manners, habits, and conversation have upon the tender minds of their children even from birth. The child should grow up with a feeling of reverence for its parents, which can only be the case when wisdom as well as affection is exercised in its bringing up. Hence the necessity of the mother's fitting herself, both intellectually and morally for her sacred office, that the child may become accustomed to yield perfect obedience to her wishes from a principle of love, and may acquire, as it advances in life, the habit of yielding a like obedience to that which is right.

As you well know that you are not perfect yourself, you must be prepared to find that your husband has also his imperfections; and it is no unimportant part of your duty to help him to get rid of them. Indeed it is one of the highest uses of marriage for each partner to assist the other on the journey to the heavenly Canaan. But, before you attempt to point out a fault in him, consider how you had best proceed, so as to attain your object; for, unless



you adopt a judicious mode, and an affectionate as well as an earnest manner, you may do as much harm as good. You must also carefully watch your opportunity for what would be favourably received at one time, and under certain circumstances, might, under other circumstances, give offence, and altogether fail of the good effect intended and hoped for. You do not know how powerful you may be for good to your husband. There is much truth in the saying, "A man is what a woman makes him."

Respecting the good influence of virtuous love, Tennyson says:—

For indeed I know  
Of no more subtle master under heaven  
Than is the maiden passion for a maid,  
Not only to keep down the base in man,  
But teach him thought, and amiable words,  
And courtliness, and the desire of fame,  
And love of truth, and all that makes a man

Previous to your marriage, it will be expedient for you not to give your lover that full and unlimited confidence which it will be your duty—and your inclination, too—to give him when he becomes your husband. I refer chiefly to family and other private matters, not to anything he ought to know to enable him to judge of your character and position. Many unhappy marriages have been brought about through the young woman's letting it be known that she has "great expectations." A worthless fellow may, in consequence, have succeeded in winning her hand.

There is another point to which I must just allude before concluding this address. It is doubtless the order of Providence for marriages to take place, when possible, on our arriving at years of maturity. But I would guard you against the evil results of too early marriages, before either body or mind is perfectly matured. We scarcely need consult either medical or moral science to satisfy ourselves on this by no means trifling point. We may find in society too many sad instances of such immature and indiscreet unions. The minds of young persons should be expanded by a certain amount of experience in the world before entering upon engagements involving so many momentous duties.

In your daily walks abroad, if you examine the countenances of those you meet, you will doubtless be led to conclude



that there is a great deal of disease and misery in the world ; but, judging from my own observation, I think you will find that the greater number of persons exhibit signs of health and happiness. Much of the disease and misery with which the world is afflicted is the direct result of the misconduct of the individuals themselves ; but no little of it is attributable to their parents, who have neglected or violated God's laws of health, their misconduct thus affecting their descendants "to the third and fourth generation." I cannot, therefore, too much impress upon you the importance of your honestly trying to find out any bad habits to which you are inclined, with a view to getting rid of them, one by one, and supplying their place by good habits. By pursuing this course, you will not only do much for your own happiness, but also for that of your children, if God should bless you with a family. Children, you know, are often striking likenesses of their parents ; and in their minds and habits they likewise often resemble them. You should strive then to be good, not from mere self love, and that you may get to heaven, but because your duty to others requires it.





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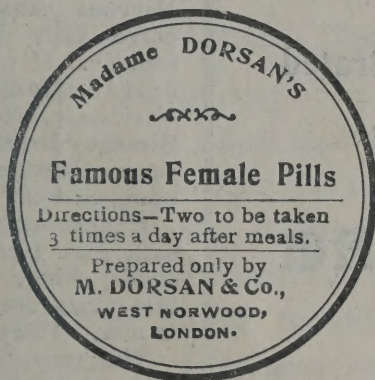
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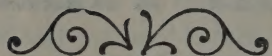
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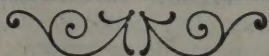
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